DOCUMENT RESUME

ED 394 113 CG 026 964

TITLE	Ohio Youth Risk Behavior Survey, 1993: When, Why, and What Was Discovered.
INSTITUTION	Ohio State Dept. of Alcohol and Drug Addiction Services, Columbus.; Ohio State Dept. of Education, Columbus.; Ohio State Dept. of Health, Columbus.
SPONS AGENCY	Centers for Disease Control and Prevention (DHHS/PHS), Atlanta, GA.; Office of Elementary and Secondary Education, Washington, DC. School Improvement Programs.
PUB DATE	[94]
NOTE	76p.
PUB TYPE	Reports - Research/Technical (143) -- Tests/Evaluation Instruments (160)
EDRS PRICE	MF01/PC04 Plus Postage.
DESCRIPTORS	Alcohol Abuse; *At Risk Persons; *Drinking; Health Education; High Schools; High School Students; Physical Activity Level; *Physical Health; Safety; Sexuality; *Student Behavior; Student Surveys; *Substance Abuse; *Tobacco
IDENTIFIERS	*Ohio

ABSTRACT

This report summarizes the survey answers Ohio high school students (N=2,314) reported about alcohol, tobacco, and other health risk behaviors. The survey contains questions relating to: (1) behaviors that result in intentional and non-intentional injuries; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors that result in HIV infection, other sexually-transmitted diseases (STDs), and unintended pregnancies; (5) dietary behaviors; and (6) physical activity. The conclusion was drawn that Ohio students' overall behaviors are relatively healthy. Some key findings showed that most Ohio students did not carry a weapon in the past 30 days, and during the past year most had not considered attempting suicide. Awareness of the risks of AIDS/HIV was high; and most students did not use drugs. About half reported healthy eating habits, eating fruit and vegetables and avoiding fatty meats, and more than half maintained a healthy level of physical activity. Key areas for needed improvement include, but are not limited to: alcohol use, physical violence, cigarette smoking, and vehicle safety. Drinking at least one drink of alcohol was reported among 80% of respondents; 44% had been involved in a physical fight in the past year; and 69% had tried smoking tobacco. Twenty-eight percent of surveyed students rarely or never wore a seat belt while riding in a car driven by someone else. Only 1% always wore bicycle helmets when on a bike. Contains 40 references, a copy of the survey instrument, and a response form. (TS)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED 394 113

CG

1993 Ohio Youth Risk Behavior Survey

YRBS

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☐ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL HAS BEEN GRANTED BY

J. BRANNAN

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

CG026964

Ohio Department of Education
Ohio Department of Health
Ohio Department of Alcohol and Drug Addiction Services

BEST COPY AVAILABLE

Ohio Department of Alcohol & Drug Addiction Services

Luceille Fleming
Director

Brian Mahoney, Chief,
Planning, Evaluation, and
Research

Ohio Department of Education

Ted Sanders
Superintendent of Public Instruction

Hazel P. Flowers
Director, Student Development

Joyce Brannan
Health Education Consultant,
Student Development

Ohio Department of Health

Peter Somani
Director of Health

Karen F. Hughes, Chief,
Bureau of
Maternal and Child Health

Karen Evans, Chief,
Bureau of
Health Promotion and Education

State Board of Education

Virginia Milner Purdy, President, West Union
Oliver Ocasek, Vice President, Northfield
Melanie Bates, Cincinnati
Virgil E. Brown, Jr., Shaker Heights
Diana M. Fessler, New Carlisle
Virginia E. Jacobs, Lima
Vincent D. Pettinelli, Dublin
Marie S. Pfeiffer, Columbus
R. Arline Smith, Sugarcreek
Anita M. Tighe, Concord Township
Martha W. Wise, Avon

Overall Planning Committee

Judy Airhart, Chair, ODE
Joyce Brannan, ODE
Ellen Capwell, ODH
Karen Evans, ODH
Jack Gleason, ODE
Lynn Giljahn, ODH
Karen Hughes, ODH
Barbara Murphy, ODE
Theresa Porter, ODADAS

Committees

Alcohol, Tobacco, and Other Drugs

Judy Airhart, Chair, ODE
Ellen Capwell, ODH
Barbara Murphy, ODE
Theresa Porter, ODADAS

HIV/AIDS, Pregnancy, and Sexually Transmitted Diseases

Angie Norton, Chair, ODH
Vickie Bobbit, ODE
Wanda Harewood-Jones, ODE
Leslie Ann Helmus, ODH
Sharon Herold, ODE
Jeffrey Jones, ODE
Brenda Thomas, ODH

Nutrition and Physical Fitness

Meg Wagner, Chair, ODE
Dee Allenspach, ODE
Herbert Drummond, ODE
Joanne Higham, ODH
Mary Plummer, ODH

Safety, Violence, and Injuries

Ed Whitfield, Chair, ODE
David Campbell, ODE
Larry Foster, ODE
Helen Cain Jackson, ODMH
Cyndi Love, ODH
Barbara Murphy, ODE

Graphics

Dan Bickel, ODE
Sue Fiedler, ODE
Lynn Van Sickle, ODE

1993 Ohio Youth Risk Behavior Survey

When, Why, and What Was Discovered

Ohio Department of Education
Ohio Department of Health
Ohio Department of Alcohol and Drug Addiction Services

Ohio Youth Risk Behavior Survey

► Table of Contents

Acknowledgements 3

About This Report 5

What Is the Youth Risk Behavior Survey? 6

What Ohio Students Reported 9

- Safety, Violence, and Injuries 10
- Tobacco 22
- Alcohol and Other Drugs 28
- HIV/AIDS, Pregnancy, and Sexually Transmitted Diseases 38
- Nutrition 44
- Physical Fitness 48

Summary Highlights 52

- Highlighting YRBS Findings For Ohio 55

Appendix 56

- YRBS Questionnaire 57
- YRBS References 69
- YRBS Response Form 72

Ohio Youth Risk Behavior Survey

► Acknowledgements

Ohio's 1993 Youth Risk Behavior Survey (YRBS) was coordinated by the Ohio Department of Education with cooperation from the Ohio Department of Health and the Ohio Department of Alcohol and Drug Addiction Services. Special acknowledgement goes to the State Board of Education whose leadership enabled the Ohio Department of Education to successfully conduct this survey.

The Ohio Department of Education wishes to extend sincere appreciation to the superintendents, principals, counselors, and teachers of the selected local school districts who so graciously gave of their time and energy to administer this survey. Thanks also go to parents who approved their children's participation in the survey and to all of the Ohio students who completed the Youth Risk Behavior Survey questionnaires during February, 1993.

Additional specific thanks go to the many organizations and individuals who provided support and cooperation for the 1993 Ohio Youth Risk Behavior Survey, including

* The United States Centers for Disease Control and Prevention, which provided funding for the project through its Cooperative Agreement with State and Local Education Agency Programs for Comprehensive School Health Education to Prevent Important Health Problems

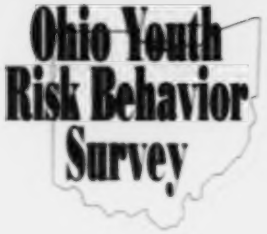
* The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire

* WESTAT, Survey Technical Assistance Project, which provided technical assistance, analyzed questionnaires, and tabulated the results

* The Ohio Department of Health, which provided personnel, technical assistance, and funding for the project through its Preventive Health and Health Services Block Grant and Title V Maternal and Child Health Services Block Grant.

* The Ohio Department of Alcohol and Drug Addiction Services, which contributed personnel and technical assistance

* Other state and national agencies which supported or endorsed this project in a variety of ways.



The following national organizations endorsed the Youth Risk Behavior Survey.

American Association of School Administrators

American Federation of Teachers

American Medical Association

American School Health Association

Association for the Advancement of Health Education

Association of State and Territorial Directors of Public Health Education

Council of Chief State School Officers

National Association of State Boards of Education

National Education Association

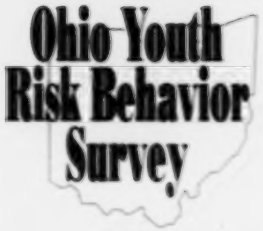
National Parent and Teachers Association

National School Boards Association

Society of State Directors of Health, Physical Education, and Recreation

National Education Goals Panel

National Catholic Educational Association



► About This Report

This report, entitled "1993 Ohio Youth Risk Behavior Survey: When, Why, and What was Discovered," summarizes the overall answers Ohio high school students reported about alcohol, tobacco, and other health risk behaviors. Ohio's survey of both public and non-public schools provides a "snapshot" of Ohio high school students' behaviors. The survey contains questions relating to

(1) Behaviors that result in intentional and non-intentional injuries

(2) Tobacco use

(3) Alcohol and other drug use

(4) Sexual behaviors that result in HIV infection, other sexually-transmitted diseases (STDs), and unintended pregnancies

(5) Dietary behaviors and

(6) Physical activity.

The Ohio Department of Education, Ohio Department of Health, and Ohio Department of Alcohol and Drug Addiction Services jointly sponsor the Ohio Youth Risk Behavior Survey or YRBS. This report summarizes Ohio's findings on the priority health risks that result in the most significant causes of death and disability in Ohio. Written for concerned educators, policy makers, parents, and youth, this YRBS report provides a brief overview of

(1) The survey's process and procedures

(2) Survey questions

(3) Students' answers

(4) Percentage of YRBS participants giving those answers and

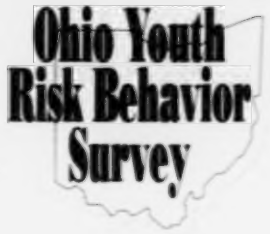
(5) Major summary findings and conclusions.

Your questions, concerns, and comments are invited. Your return of the Response Form at the end of this report will enable us to serve you better. For more information, contact

Ohio's Youth Risk Behavior Survey
Ohio Department of Education
65 S. Front Street, Room 611
Columbus, Ohio 43215-4183

Ohio's Youth Risk Behavior Survey
Bureau of Health Promotion
and Education
Ohio Department of Health
246 North High Street
Columbus, Ohio 43266-0588

Ohio's Youth Risk Behavior Survey
Ohio Department of Alcohol &
Drug Addiction Services
Two Nationwide Plaza
280 North High Street, 12th Floor
Columbus, Ohio 43215-2537



► What is the Youth Risk Behavior Survey?

Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, the 84-item, multiple-choice YRBS questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful. State or local Youth Risk Behavior Surveys were conducted in 1993 by a total of 40 states, four territories, and 13 large city school districts under the direction of the United States Centers for Disease Control and Prevention.

The survey was used for the first time by Ohio in 1993. During February 1993, usable questionnaires were completed by 2,314 ninth through twelfth grade students who attended selected classes at scientifically selected Ohio public and non-public schools. The information, voluntarily provided by the students with their parents' permission, provided representative results for Ohio students as a group.

Specific questions about health behaviors were professionally written and were included only if they were related to the leading causes of death or illness in the nation and the state. The Youth Risk Behavior Survey is a reliable source of information on the drug-related and disease-producing behaviors of Ohio's high school students.

Why Ohio Conducted the YRBS

The Youth Risk Behavior Survey will help Ohioans identify high school students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for Ohio students mean longer, more productive lives for the state's young people, as well as improved learning in the classroom.

People develop behavior patterns in their teen years which can eventually strengthen or threaten their quality and length of life. Currently, many adolescents in the United States use tobacco, eat too much fat and too few fruits and vegetables, and fail to exercise regularly. Approximately 50% to 70% of heart disease and cancer deaths could be delayed if young people learned health-promoting skills and habits. Students often can improve their health by changing what they do each day. Programs such as drug-free schools, regular physical education classes, health and nutrition courses, and safety training can be used to equip students with disease-prevention skills and injury-prevention information.

To that end, Year 2000 health objectives and educational goals have been identified as targets to be accomplished by the year 2000. For instance, one goal is to ensure a safe, disciplined, and drug-free school environment for every student. Most of these health objectives, as well as the nation's educational goals, have been endorsed by Ohio's health and education leaders.

Every question on the YRBS helps to measure the nation's and the individual state's progress toward these educational goals and health objectives. Ohio's state results can now be compared with the findings of the YRBS nationwide, in other states, and with some local school districts.

The 1993 YRBS also provided Ohio with a starting point (baseline) for evaluating future trends in health habits of youth. Survey results now can serve as a valuable tool, particularly for legislators, policy makers, school administrators, and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs, and educational activities. Parents and students can use these results to evaluate potential changes toward better health. Specifically, YRBS findings form a valuable base upon which Ohio can strengthen its ability to

- Establish disease prevention and health promotion policies
- Plan and implement programs and services
- Secure funding for programs
- Allocate limited resources toward targeted needs and priorities
- Conduct future research and note progress or deficiencies and
- Enact laws to prevent injuries and unnecessary deaths.

How the Survey was Conducted

During February 1993, students enrolled in scientifically sampled high schools completed the Ohio Youth Risk Behavior Survey or YRBS. Their classes were randomly picked from master schedules submitted by school districts which had been chosen from Ohio public and nonpublic schools teaching ninth, tenth, eleventh and twelfth grades. Although schools for incarcerated youth were not included in this initial survey, all of the other junior and senior high schools in the Ohio Department of Education system were eligible to be selected.

Who Participated in the Survey?

Virtually every Ohio student enrolled in grades nine through twelve—and every class at those grade levels—had an equal chance of being selected to complete a YRBS questionnaire. Research guidelines and modern computer technology from the United States Centers for Disease Control and Prevention were followed to make all selections scientifically. Following strict research procedures also ensured that

(1) Selected schools, their administrators, parents, and students were informed and voluntarily agreed to participate and

(2) Student identity remained anonymous in all reports.

A total of 58 schools and scores of classes involving 2,820 students were selected to participate. Ninety percent of those schools selected agreed to participate. Of the students in the selected classes, 82% or 2,314 were in school the day the survey was given and returned usable questionnaires which could be analyzed. This was a response or return rate good enough to produce results which are representative of Ohio high school students as a group. Researchers call such results or data "weighted," which simply means each participant's answers represented that individual plus some others who were similar to that individual. Overall, Ohio's 1993 YRBS results are representative of what Ohio's 9-12 grade students as a group would have reported.

How Results Can Be Interpreted

Ohio's 1993 Youth Risk Behavior Survey is a "snapshot in time" showing those drug-related and disease-producing behaviors reported by high school students during February 1993.

Answers in this survey were only as accurate as students' reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance, do "french fries" qualify as a vegetable? Is low-fat ground beef still considered to be "hamburger"? Is a pocket knife a "weapon"? What territory does "on school property" include?

In some cases, the findings could under- or over-report. Some students chose not to answer certain questions, meaning that all students surveyed were not represented in every response.

However, the percentage of participating students was sufficiently high so that survey findings could be identified as accurate, correct, or "valid at the 95% confidence level." That is, if the survey were to be repeated 100 times, 95 times out of 100, similar results would be found. For each of the 84 questions, different ranges or possible margins of error (confidence intervals) were scientifically calculated.

Percentages are reported in this survey for behavior-related questions 6–84 (i.e., Q6–Q84) and were rounded according to CDC guidelines. Odd half numbers (e.g., 7.5% or 75.5%) were rounded up (e.g., to 8% or 76% respectively) and even half numbers (e.g., 8.5% or 22.5%) were rounded down (e.g., to 8% or 22% respectively).

The answers reported on the YRBS can be seen as most accurate and reliable because modern research techniques were used and the Centers for Disease Control and Prevention's scientific guidelines were followed. For example, when comparing groups (e.g., males and females) if the confidence intervals for the groups being compared do not overlap, then the results or the percentage differences are considered "significant," which means that there is a real or true difference between the two groups being compared. If the word "significant" is not used in comparing results of two groups, the percentages differences may not represent a real or true difference between the two groups.

Interested individuals may request additional information. Researchers and professionals wanting to build upon Ohio's 1993 YRBS data may request detailed frequency tables from

Ohio's Youth Risk Behavior Survey
Ohio Department of Education
65 South Front Street, Room 611
Columbus, Ohio 43215-4183

1993 Ohio Youth Risk Behavior Survey

What Ohio Students Reported

AUTOMOBILE, MOTORCYCLE, AND BIKING INJURIES

Seat belt use is estimated to reduce motor vehicle fatalities by 40% to 50% and serious injuries by 45% to 55%.[1] Increasing the use of automobile safety restraint systems to 85% could save an estimated 10,000 American lives per year.[2]

Head injury is the leading cause of death in motorcycle and bicycle crashes.[3] Unhelmeted motorcyclists are two times more likely to incur a nonfatal head injury than helmeted riders.[4] In addition, the risk of head injury for unhelmeted bicyclists is more than six-and-one-half times greater than for helmeted riders.[5]

Motor vehicle crash injuries, more than half of which involve alcohol,[6] are the leading cause of death among youths aged 15 to 24 in the United States.[7] Alcohol-related traffic crashes cause serious injury and permanent disability and rank as the leading cause of spinal cord injury among adolescents and young adults.[8]

Where Ohio Wants to Be by the Year 2000

Increase use of occupant protection systems, such as safety belts, inflatable safety restraints, and child safety seats, to at least 85% of motor vehicle occupants. (Year 2000 Objective 9.12)

Increase the use of helmets to at least 80% of motorcyclists and at least 50% of bicyclists. (Year 2000 Objective 9.13)

Reduce deaths caused by motor vehicle crashes to no more than 33 per 100 million vehicle miles traveled and 1.5 per 100,000 motorcyclists. (Year 2000 Objective 9.3e)

Reduce nonfatal head injuries so that hospitalizations for this condition are no more than 106 per 100,000 people. (Year 2000 Objective 9.9)

Reduce the incidence of secondary disabilities associated with injuries of the head and spinal cord to no more than 16 and 2.6 per 100,000 people, respectively. (Year 2000 Objective 9.11)

Reduce deaths caused by motor vehicle crashes to no more than 1.9 per 100 million vehicle miles traveled and 16.8 per 100,000 people. (Year 2000 Objective 9.3)

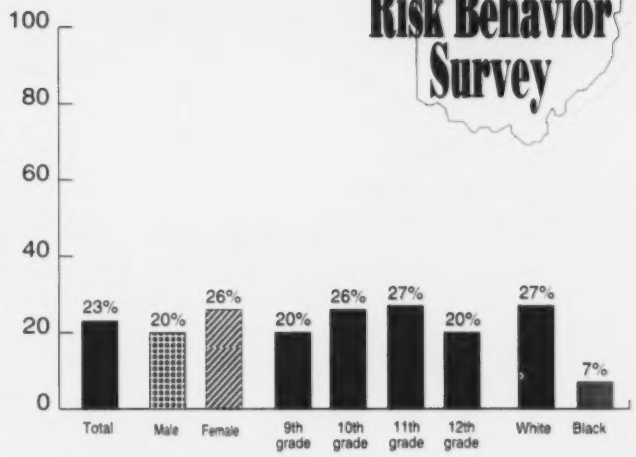
Reduce deaths caused by motor vehicle crashes to no more than 33 per 100,000 youths aged 15 to 24. (Year 2000 Objective 9.3b)

Reduce deaths among people aged 15 to 24 caused by alcohol-related motor vehicle crashes to no more than 18 per 100,000 people. (Year 2000 Objective 4.1b)

What Ohio Students Reported

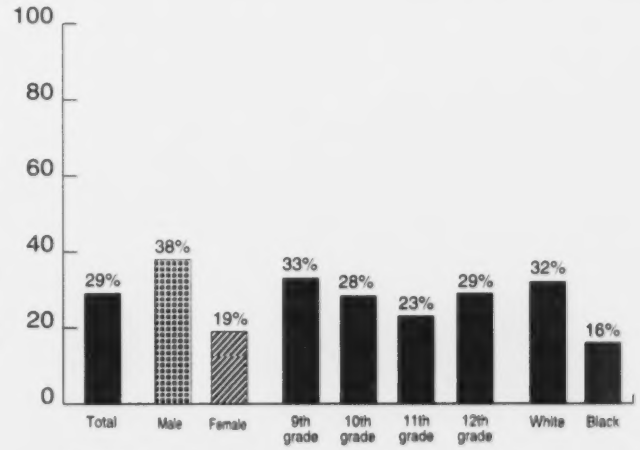
Ohio Youth Risk Behavior Survey

Twenty-three percent of Ohio high school students reported they always wore a seat belt when riding in a car driven by someone else. Twenty percent of male and 26% of female students always wore a seat belt. Twenty percent of ninth graders, 26% of tenth graders, 27% of eleventh graders, and 20% of twelfth grade students always wore seat belts. White students (27%) were *significantly* more likely always to wear seat belts than black students (7%).



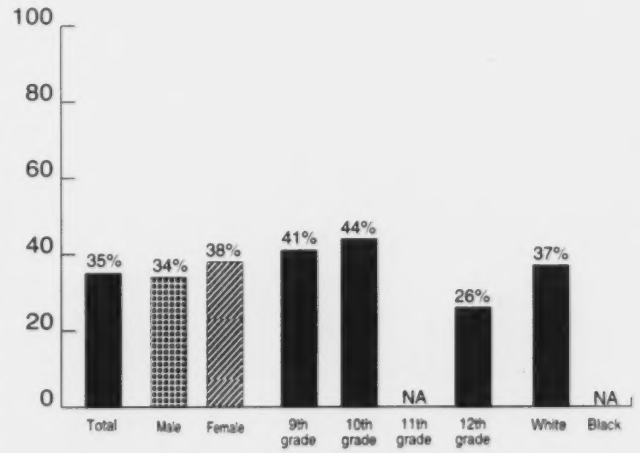
▶ **Q6** Percentage of YRBS participants who always wore a seat belt when riding in a car driven by someone else.

Twenty-nine percent of Ohio high school students rode a motorcycle one or more times during the 12 months preceding the survey. *Significantly* more males (38%) than females (19%) rode a motorcycle during the prior year. Thirty-three percent of ninth graders, 28% of tenth graders, 23% of eleventh graders, and 29% of twelfth graders rode a motorcycle during the prior year. *Significantly* more white students (32%) rode a motorcycle than black students (16%).



▶ **Q7** Percentage of YRBS participants who rode a motorcycle one or more times during the past 12 months.

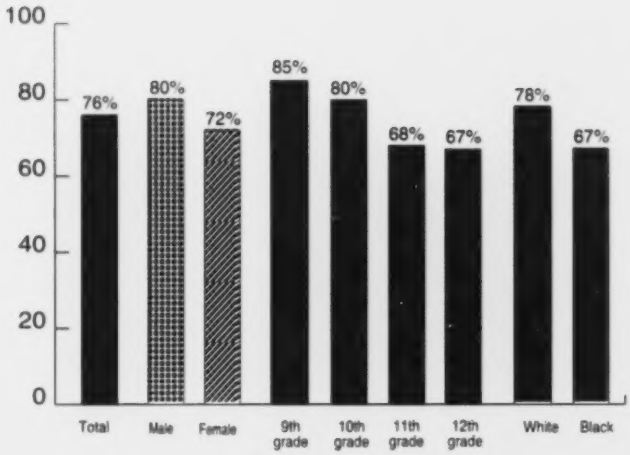
Of the participating students who rode motorcycles during the 12 months preceding the survey, 35% always wore a motorcycle helmet. Thirty-four percent of males and 38% of females who rode motorcycles always wore a helmet. Forty-one percent of ninth graders, 44% of tenth graders, and 26% of twelfth graders always wore a helmet when they rode a motorcycle. For eleventh graders, fewer than 100 students rode a motorcycle, so no results were reported. While 37% of white students who rode motorcycles always wore a helmet, the number of black students answering the question was fewer than 100, so no results were reported.



▶ **Q8** Percentage of YRBS participants who rode motorcycles and always wore a motorcycle helmet during the past 12 months*.

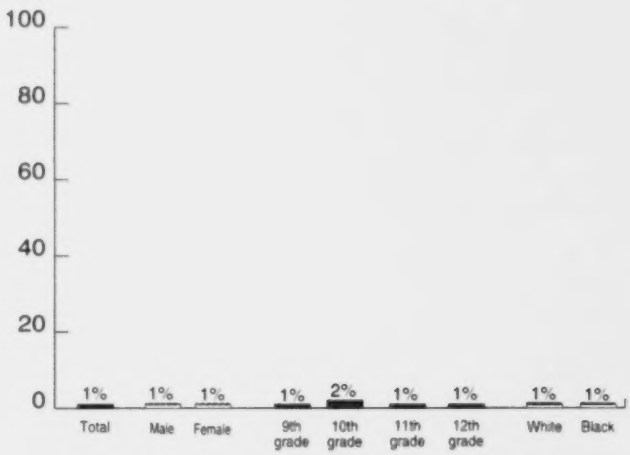
NA=Not Available
*Of respondents who rode a motorcycle during the past 12 months

Seventy-six percent of Ohio high school students rode a bicycle one or more times during the 12 months prior to completing the YRBS. Eighty percent of male students and 72% of females rode bicycles during the preceding year. Eighty-five percent of ninth graders, 80% of tenth graders, 68% of eleventh graders, and 67% of twelfth graders rode bicycles during the 12 months preceding the survey. White students (78%) were *significantly* more likely to have ridden a bicycle one or more times during the prior year than black students (67%).



▶ **Q9** Percentage of YRBS participants who rode a bicycle one or more times during the past 12 months.

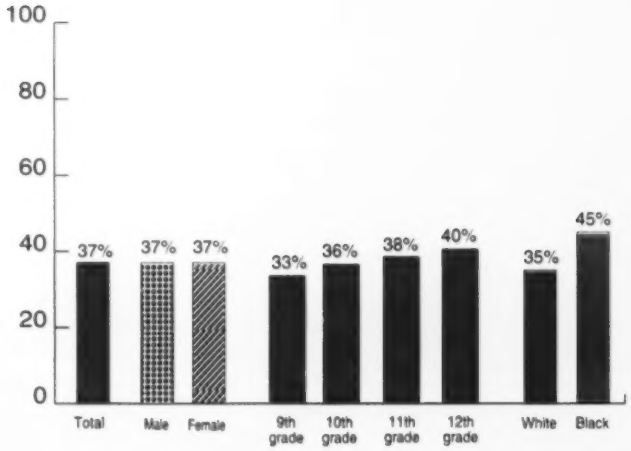
Of Ohio high school students who rode a bicycle during the 12 months prior to the survey, 1% always wore a bicycle helmet. One percent of males and 1% of females always wore a helmet when riding on a bike. One percent of ninth graders, 2% of tenth graders, 1% of eleventh graders, and 1% of twelfth graders who rode bicycles the preceding year always wore a bicycle helmet. Likewise, 1% of white and 1% of black students who rode bicycles always wore a helmet.



▶ **Q10** Percentage of YRBS participants who always wore a bicycle helmet during the past 12 months*.

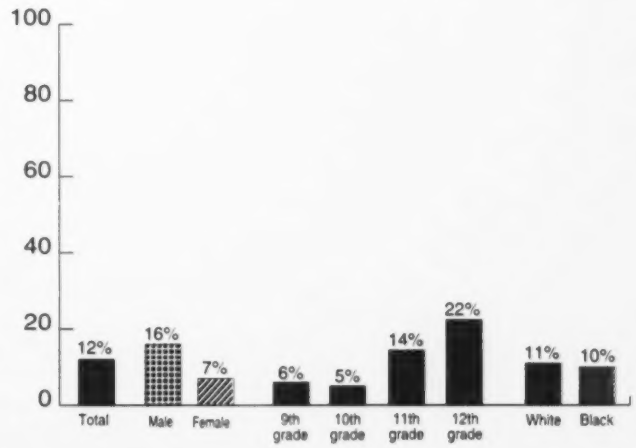
*Of respondents who rode a bicycle during the past 12 months

During the 30 days prior to the survey, 37% of Ohio high school students rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol. The same percentage (37%) of male and female students rode at least once in a car or other vehicle driven by someone who had been drinking. Thirty-three percent of ninth graders, 36% of tenth graders, 38% of eleventh graders, and 40% of twelfth graders rode one or more times with someone who had been drinking alcohol during the preceding 30 days. *Significantly* more black (45%) than white students (35%) rode in a vehicle driven by someone who had been drinking alcohol during the preceding 30 days.



▶ Q11 Percentage of YRBS participants who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.

Twelve percent of Ohio high school students had driven a car or other vehicle after drinking alcohol during the 30 days prior to the survey. *Significantly* more males (16%) than females (7%) drove a car or other vehicle one or more times when they had been drinking alcohol. Six percent of ninth graders, 5% of tenth graders, 14% of eleventh graders, and 22% of twelfth graders drove a car or other vehicle after they had been drinking alcohol. During the 30 days prior to the survey, 11% of white and 10% of black students drove when they had been drinking alcohol.



▶ Q12 Percentage of YRBS participants who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.

VIOLENCE, WEAPONS, AND HOMICIDES

Approximately nine out of 10 homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club. Homicide is the leading killer of black adolescents and young adults.[6] During adolescence, homicide rates increase 15 times, from a negligible rate of 0.9 per 100,000 at age 10 to 13.9 per 100,000 by age 20.[9] Nonfatal violence (i.e., fighting) often precedes fatal violence among young persons. The immediate accessibility of a firearm or other lethal weapon often is the factor that turns a violent altercation into a lethal event.[10] Unintentional firearm-related fatalities also are a critical problem among children and young adults in the United States.[11]

Where Ohio Wants to Be by the Year 2000

By the year 2000, eliminate violence and weapons from every school in Ohio of violence and weapons. Accomplish this through (1) a comprehensive school health education system in every school district; (2) a firm, fair, and consistent student discipline policy; and (3) partnerships formed in every community among parents, businesses, law enforcement, and other community groups.

Reduce by 20% the incidence of physical fighting and weapon-carrying among adolescents aged 14 through 17. (Year 2000 Objectives 7.9 and 7.10)

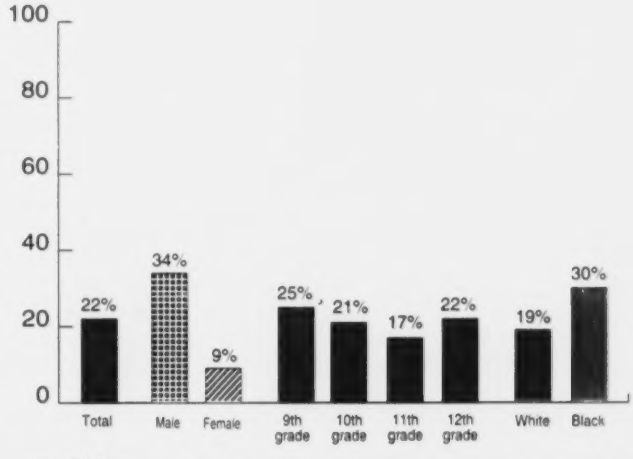
Reduce weapon-related violent deaths to no more than 12.6 per 100,000 people. (Year 2000 Objective 7.3)

Reduce assault injuries among people aged 12 and older to no more than 10 per 1,000 people. (Year 2000 Objective 7.6)

Reduce homicides to no more than 7.2 per 100,000 people. (Year 2000 Objective 7.1)

What Ohio Students Reported

Twenty-two percent of Ohio high school students carried a weapon such as a gun, knife, or club on one or more of the 30 days immediately preceding their completion of Ohio's Youth Risk Behavior Survey (YRBS). The survey, however, did not reveal whether they carried a weapon for recreational, sports-related, or self-protection reasons. *Significantly* more males reported they carried a weapon than females (34% vs. 9%). Twenty-five percent of ninth graders, 21% of tenth graders, 17% of eleventh graders, and 22% of twelfth graders carried a gun, knife, or club during the 30 days prior to completing the YRBS. *Significantly* more black students (30%) than white students (19%) carried a gun, knife, or club.

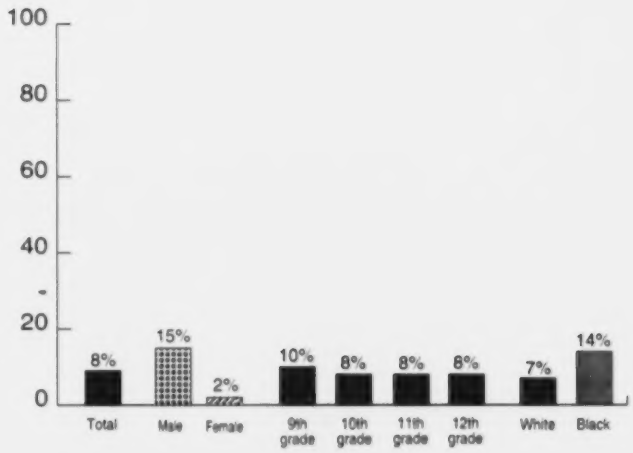


▶ Q13 Percentage of YRBS participants who carried a weapon* on one or more of the past 30 days.

* such as a gun, knife, or club

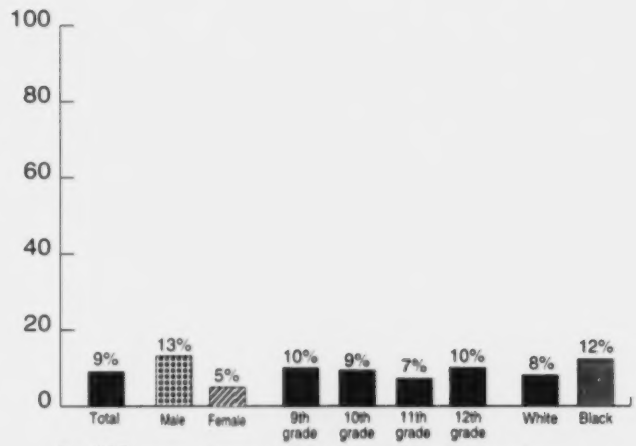
Ohio Youth Risk Behavior Survey

Eight percent of Ohio high school students carried a gun on one or more of the 30 days preceding the survey. *Significantly* more males (15%) than females (2%) carried a gun during that month. Ten percent of ninth graders and 8% of tenth, eleventh, and twelfth graders carried a gun on one or more occasions during the 30 days prior to completion of the Youth Risk Behavior Survey. *Significantly* more black (14%) than white (7%) students carried a gun.



▶ Q11 Percentage of YRBS participants who carried a gun on one or more of the past 30 days.

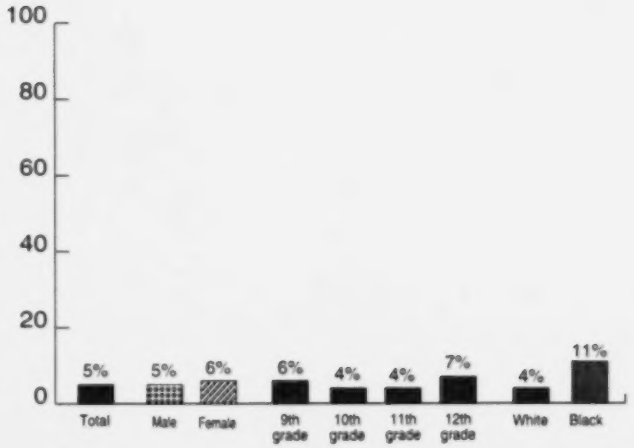
Nine percent of Ohio high school students carried a gun, knife, or club on school property on one or more of the 30 days preceding the survey. *Significantly* more males (13%) than females (5%) carried a weapon on school property. Ten percent of ninth graders, 9% of tenth graders, 7% of eleventh graders, and 10% of twelfth graders carried a weapon on school property. Eight percent of white and 12% of black students carried a weapon on school property on one or more of the preceding 30 days.



▶ Q13 Percentage of YRBS participants who carried a weapon* on school property on one or more of the past 30 days.

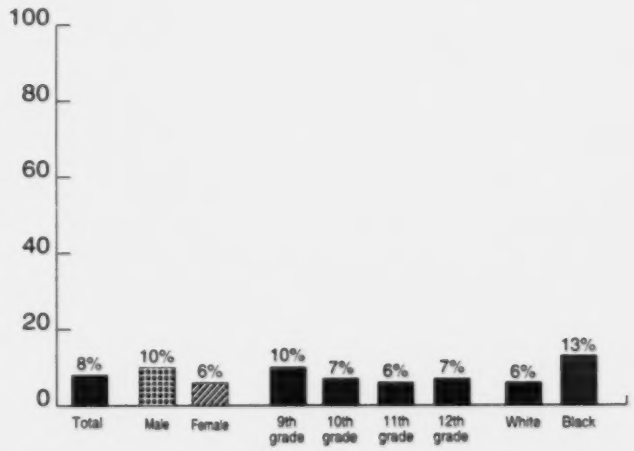
* such as a gun, knife, or club

During the 30 days preceding the survey, 5% of Ohio high school students did not go to school because they felt they would be unsafe at school or on their way to or from school. Five percent of male and 6% of female students did not go to school because they felt they would be unsafe. Six percent of ninth graders, 4% of tenth graders, 4% of eleventh graders, and 7% of twelfth graders did not attend school because they felt they would be unsafe. *Significantly* more black (11%) than white (4%) students did not go to school because they felt they would be unsafe at school or on their way to or from school.



▶ **Q16** Percentage of YRBS participants who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school.

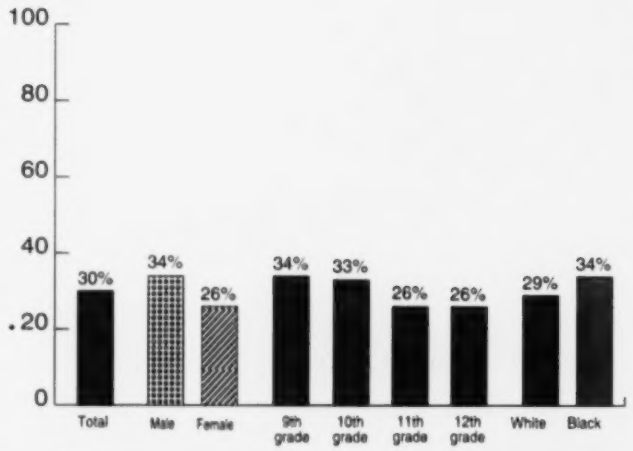
During the 12 months prior to the survey, 8% of Ohio high school students reported being threatened or injured with a weapon on school property. *Significantly* more males (10%) than females (6%) were so threatened or injured. Ten percent of ninth graders, 7% of tenth graders, 6% of eleventh graders, and 7% of twelfth graders reported such threats or injuries. *Significantly* more black (13%) than white (6%) students were threatened or injured with a weapon at school on one or more occasions during the prior year.



▶ **Q17** Percentage of YRBS participants who have been threatened or injured with a weapon* on school property one or more times during the past 12 months.

* such as a gun, knife, or club

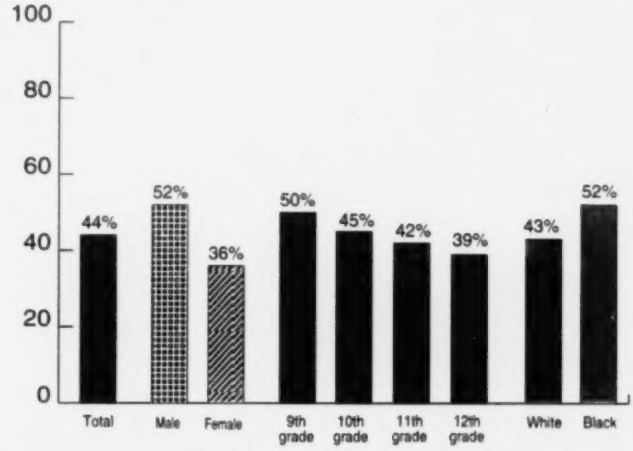
During the 12 months prior to the survey, 30% of Ohio high school students had property stolen or deliberately damaged on school property one or more times. *Significantly* more males (34%) than females (26%) reported such thefts or damage. Thirty-four percent of ninth graders, 33% of tenth graders, 26% of eleventh graders, and 26% of twelfth graders reported they had property such as a car, clothing, or books stolen or deliberately damaged on school property. Twenty-nine percent of whites and 34% of blacks had property stolen or damaged at school during the preceding 12 months.



▶ **Q18** Percentage of YRBS participants who had property* stolen or deliberately damaged on school property one or more times during the past 12 months.

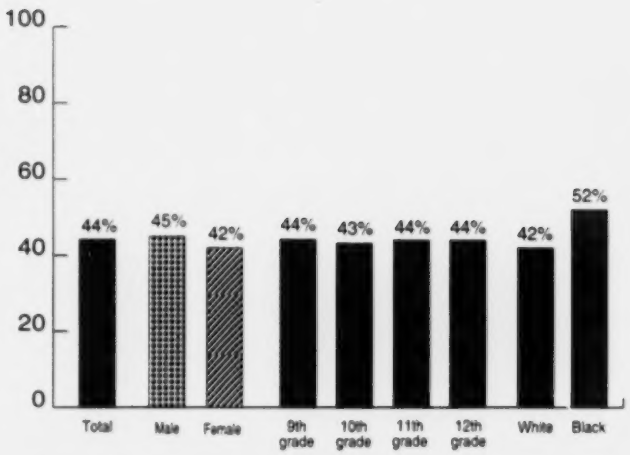
* such as car, clothing, or books

During the 12 months prior to completing the YRBS, 44% of Ohio high school students were in a physical fight one or more times. *Significantly* more males (52%) than females (36%) reported they were in a physical fight during the preceding year. Fifty percent of ninth graders, 45% of tenth graders, 42% of eleventh graders, and 39% of twelfth graders were in a physical fight during the prior 12 months, including *significantly* more black (52%) than white (43%) students.



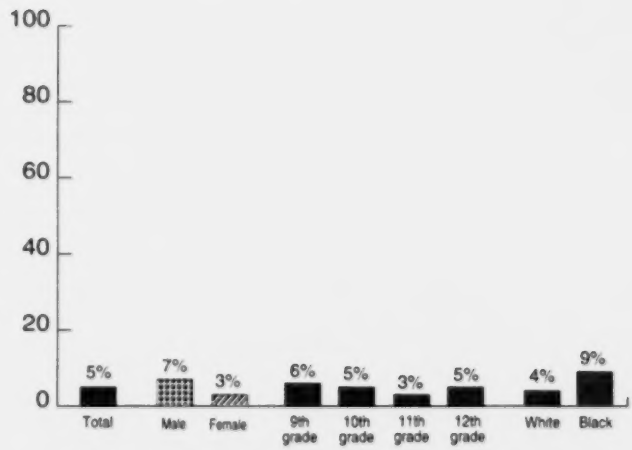
▶ **Q19** Percentage of YRBS participants who were in a physical fight one or more times during the past 12 months.

The last time they were in a physical fight, 44% of Ohio high school students fought with a friend or someone they knew. Forty-five percent of males and 42% of females knew the person with whom they fought: a friend or someone they know; a boyfriend, girlfriend, or date; or a parent, brother, sister, or other family member. Forty-three percent of tenth graders and 44% of ninth, eleventh, and twelfth graders knew the individual with whom they fought during their last physical fight. *Significantly* more black (52%) than white (42%) students fought with a friend or someone they knew. NOTE: Of the students who answered this question, 34% reported they had never been in a physical fight.



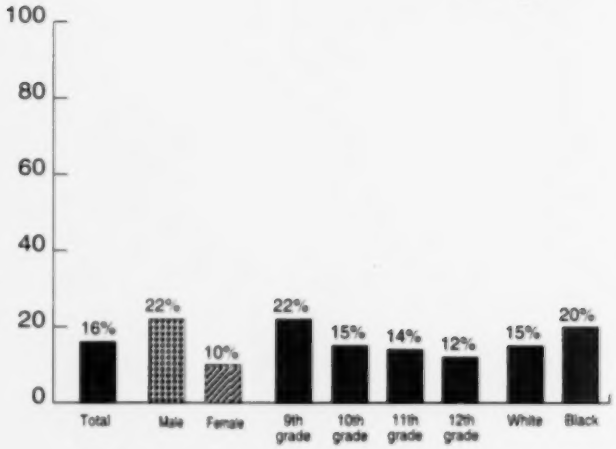
▶ **Q20** Percentage of YRBS participants who fought with a friend or someone they knew; a boyfriend, girlfriend, or date; or a parent, brother, sister, or other family member the last time they were in a physical fight.

During the preceding year, 5% of Ohio high school students were injured in a physical fight and had to be treated by a doctor or nurse. Seven percent of males and 3% of females were treated by a doctor or nurse for a fighting-related injury. Six percent of ninth graders, 5% of tenth graders, 3% of eleventh graders, and 5% of twelfth graders were injured in a physical fight and sought medical care. *Significantly* more black (9%) than white (4%) students were injured in a physical fight and had to be treated by a doctor or nurse.



▶ **Q21** Percentage of YRBS participants who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months.

During the year preceding the survey, 16% of Ohio high school students were in a physical fight on school property. *Significantly* more male (22%) than female (10%) students were in a physical fight on school property. Twenty-two percent of ninth graders, 15% of tenth graders, 14% of eleventh graders, and 12% of twelfth graders were in a physical fight on school property during the past year. Twenty percent of black and 15% of white students were in a physical fight on school property during the last 12 months.



▶ Q22 Percentage of YRBS participants who were in a physical fight on school property one or more times during the past 12 months.

DROWNING

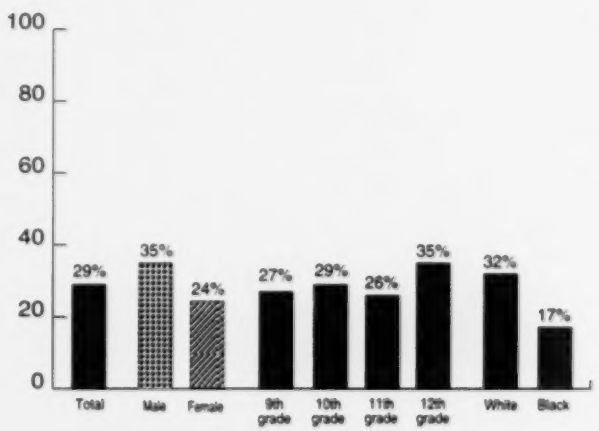
In the United States, drowning is the third leading cause of injury deaths. Drowning rates are highest for children less than five years of age and for young adults aged 15 through 24.[14] In Ohio during 1990 and 1991, 67 young adults died as a result of drowning incidents. White males account for the largest number of the state's drowning deaths.

Where Ohio Wants to Be by the Year 2000

Reduce drowning deaths to no more than 1.3 per 100,000 young adults ages 15 to 24. (Year 2000 Objective 9.5)

What Ohio Students Reported

During the year prior to completing the YRBS, 29% of Ohio high school students reported they never or rarely had adult or lifeguard supervision when swimming. *Significantly* more male (35%) than female (24%) students never or rarely had adult or lifeguard supervision when swimming. Twenty-seven percent of ninth graders, 29% of tenth graders, 26% of eleventh graders, and 35% of twelfth graders swam in a pool, lake, or ocean without a lifeguard or adult supervision. *Significantly* more white (32%) than black (17%) students reported they never or rarely had adult or lifeguard supervision when swimming.



▶ Q23 Percentage of YRBS participants who never or rarely had adult or lifeguard supervision when swimming* during the past 12 months.

*in places such as a pool, lake, or ocean

SUICIDE

In the United States, 14% of deaths among U.S. youths aged 15 to 19 are suicides. Suicide is the third leading cause of death among 15- to 24-year-olds, and the second leading cause of death among white males aged 15 to 24.[12] The suicide rate for persons aged 15 to 24 has tripled since 1950.[6]

Of the fifty states, Ohio ranks eighteenth in the overall teen suicide rate. And, although Ohio's statistics are lower than many other states, there is still room for improvement. In 1989, three Ohio deaths per 100,000 youths were suicides, up 8% from 2.8 per 100,000 in 1980.

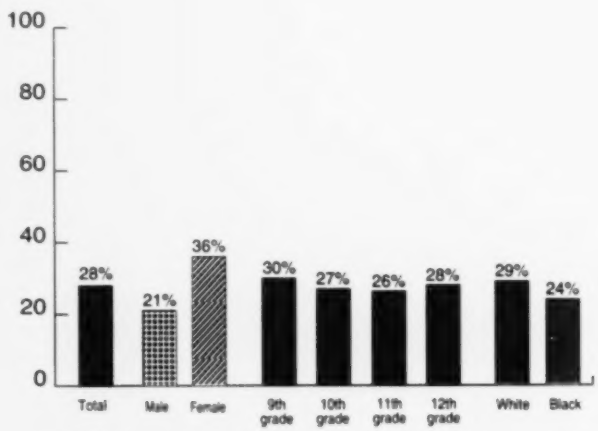
Where Ohio Wants to Be by the Year 2000

Reduce by 15% the incidence of injurious suicide attempts among adolescents aged 14 to 17. (Year 2000 Objective 6.2)

Reduce suicides among youths aged 15 to 19 to no more than 8.2 per 100,000 youth. (Year 2000 Objective 7.2a)

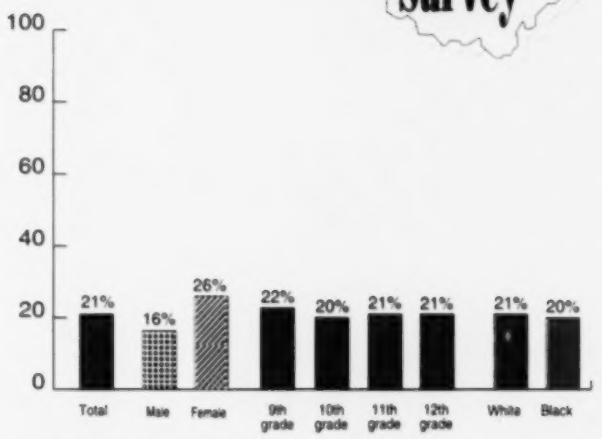
What Ohio Students Reported

Twenty-eight percent of Ohio high school students seriously considered attempting suicide during the year preceding the YRBS. *Significantly* more females (36%) than males (21%) seriously considered suicide. Thirty percent of ninth graders, 27% of tenth graders, 26% of eleventh graders, and 28% of twelfth graders reported that they seriously considered attempting suicide during the 12 months prior to answering the Ohio Youth Risk Behavior Survey. Twenty-nine percent of white and 24% of black students seriously considered attempting suicide during this same period.



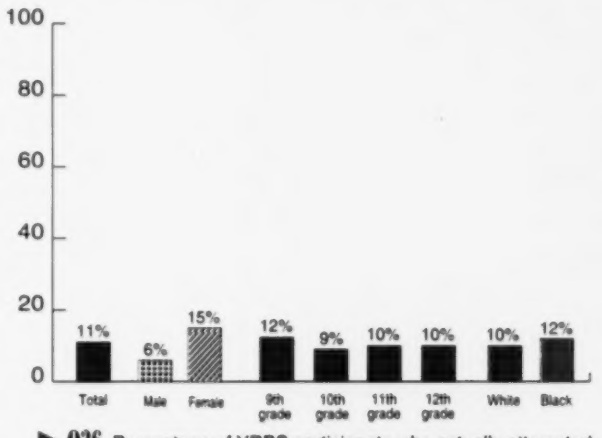
▶ Q21 Percentage of YRBS participants who ever seriously considered attempting suicide during the past 12 months.

During the year preceding the YRBS, 21% of Ohio high school students made a plan about how they would attempt suicide. *Significantly* more female (26%) than male (16%) students made such a plan. Twenty-two percent of ninth graders, 20% of tenth graders, 21% of eleventh graders, and 21% of twelfth graders reported they made a plan about how they would attempt suicide. Twenty-one percent of white students and 20% of black students made such a plan.



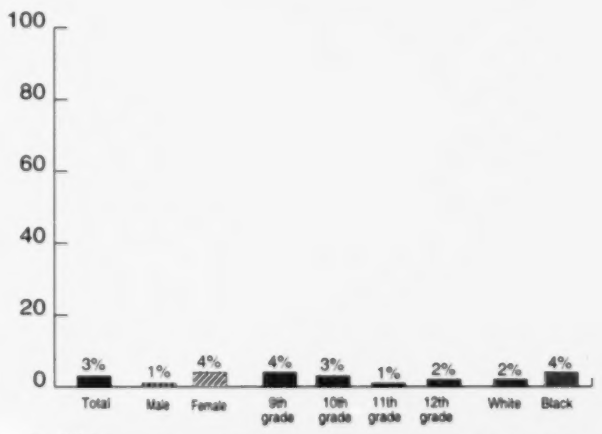
▶ **Q25** Percentage of YRBS participants who made a plan about how they would attempt suicide during the past 12 months.

Eleven percent of Ohio high school students actually attempted suicide one or more times during the 12 months prior to completing the survey. *Significantly* more females (15%) than males (6%) actually attempted suicide. Twelve percent of ninth graders, 9% of tenth graders, 10% of eleventh graders, and 10% of twelfth graders actually attempted suicide during the 12 months before answering Ohio's Youth Risk Behavior Survey. Ten percent of white students and 12% of black students actually attempted suicide one or more times during the preceding year.



▶ **Q26** Percentage of YRBS participants who actually attempted suicide one or more times during the past 12 months.

During the year preceding the survey, 3% of Ohio high school students attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. *Significantly* more females (4%) than males (1%) attempted suicide that resulted in an injury that had to be treated by a doctor or nurse. Four percent of ninth graders, 3% of tenth graders, 1% of eleventh graders, and 2% of twelfth graders reported that they had to be treated by a doctor or nurse after attempting suicide. Two percent of white and 4% of black high school students in Ohio attempted suicide resulting in an injury that had to be treated by a doctor or nurse during the prior 12 months.



▶ **Q27** Percentage of YRBS participants who attempted suicide resulting in an injury, poisoning or overdose that had to be treated by a doctor or nurse during the past 12 months.

► Tobacco

CIGARETTE SMOKING

Tobacco use is considered the chief preventable cause of death in the United States,[15] accounting for more than one of every five deaths.[16, 17] Smoking causes heart disease, cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. If 29% of the 70 million children now living in the United States smoke cigarettes as adults, then at least 5 million of them will die of smoking-related diseases.[18] In addition, smoking is related to poor academic performance and the use of alcohol and other drugs.[19] Over one million teenagers begin smoking each year.[6]

Where Ohio Wants to Be by the Year 2000

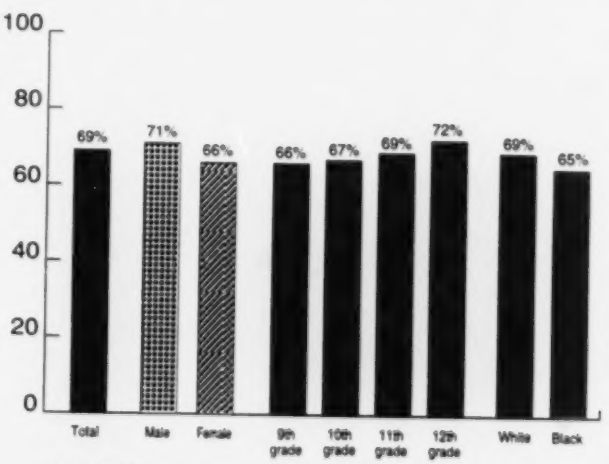
Reduce the initiation of cigarette smoking by children and youth so that no more than 15% have become regular cigarette smokers by age 20. (Year 2000 Objective 3.5) By the year 2000, reduce the initiation of cigarette smoking by children and youth so that 85% are nonsmokers at age 20. (Ohio Tobacco Control Resource Group Objective)

Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12 through 17. (Year 2000 Objective 4.5)

Reduce the percentage of students who have smoked cigarettes on school property within the past 30 days to 0%. (Ohio Benchmark for National Education Goal 7)

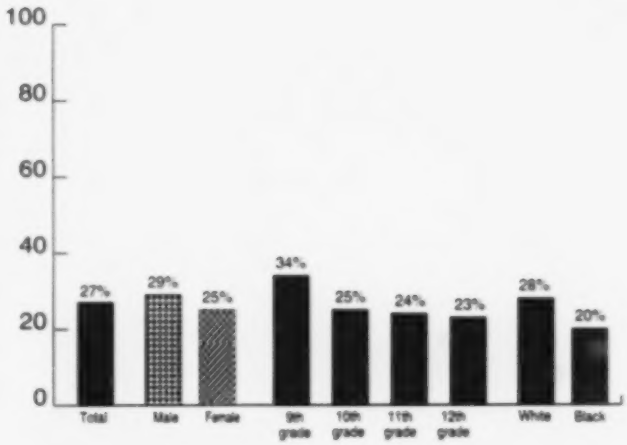
What Ohio Students Reported

Sixty-nine percent of Ohio high school students had tried cigarette smoking — even one or two puffs. Seventy-one percent of males and 66% of female students had tried cigarette smoking. Sixty-six percent of ninth graders, 67% of tenth graders, 69% of eleventh graders, and 72% of twelfth graders had tried cigarettes. Sixty-nine percent of white and 65% of black students reported that they had tried smoking cigarettes.



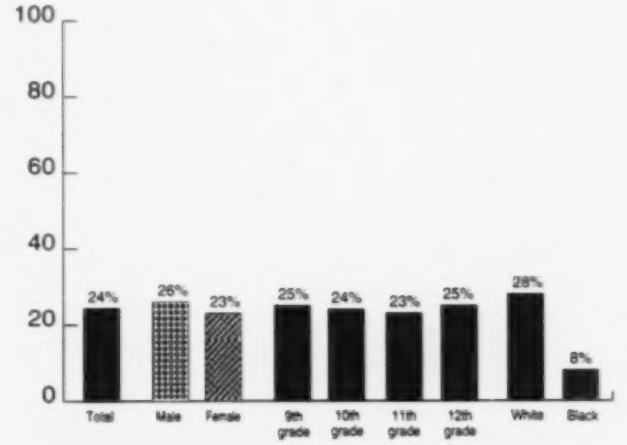
► Q28 Percentage of YRBS participants who ever tried cigarette smoking, even one or two puffs.

Twenty-seven percent of Ohio high school students smoked a whole cigarette for the first time prior to age 13. Twenty-nine percent of males and 25% of female students first smoked before age 13. Thirty-four percent of ninth graders, 25% of tenth graders, 24% of eleventh graders, and 23% of twelfth graders smoked a whole cigarette prior to age 13. Twenty-eight percent of white and 20% of black students reported they smoked a whole cigarette prior to age 13.



▶ **Q29** Percentage of YRBS participants who smoked a whole cigarette for the first time prior to age 13.

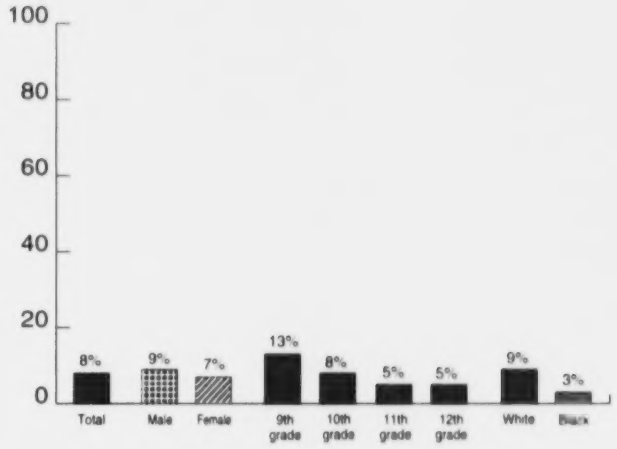
Twenty-four percent of Ohio high school students (26% of males and 23% of females) reported that they ever smoked regularly, which was defined as smoking at least one cigarette every day for 30 days. Twenty-five percent of ninth graders, 24% of tenth graders, 23% of eleventh graders, and 25% of twelfth graders smoked cigarettes regularly. *Significantly* more white (28%) than black students (8%) reported they ever smoked regularly.



▶ **Q30** Percentage of YRBS participants who ever smoked cigarettes regularly*.

* at least one cigarette every day for 30 days

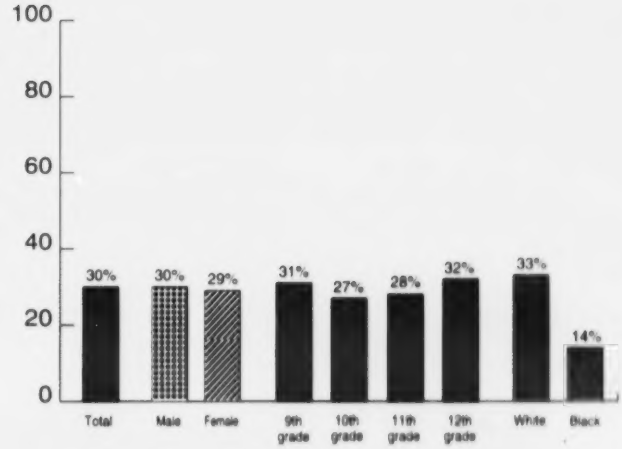
Eight percent of Ohio high school students (9% of males and 7% of females) started smoking cigarettes regularly prior to age 13. Thirteen percent of ninth graders, 8% of tenth graders, 5% of eleventh graders, and 5% of twelfth graders smoked at least one cigarette every day for 30 days (i.e., regularly) prior to age 13. *Significantly* more white (9%) than black students (3%) smoked cigarettes regularly before age 13.



▶ Q31 Percentage of YRBS participants who started smoking cigarettes regularly* prior to age 13.

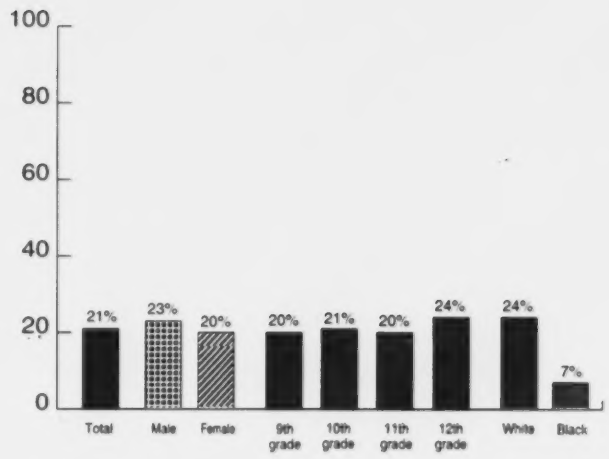
*at least one cigarette every day for 30 days

On one or more of the 30 days prior to the survey, 30% of Ohio high school students smoked cigarettes. Thirty percent of male and 29% of female students smoked one or more times during the month prior to completing the 1993 Youth Risk Behavior Survey. Thirty-one percent of ninth graders, 27% of tenth graders, 28% of eleventh graders, and 32% of twelfth graders smoked. *Significantly* more white (33%) than black students (14%) smoked at least once during the 30 days preceding the survey.



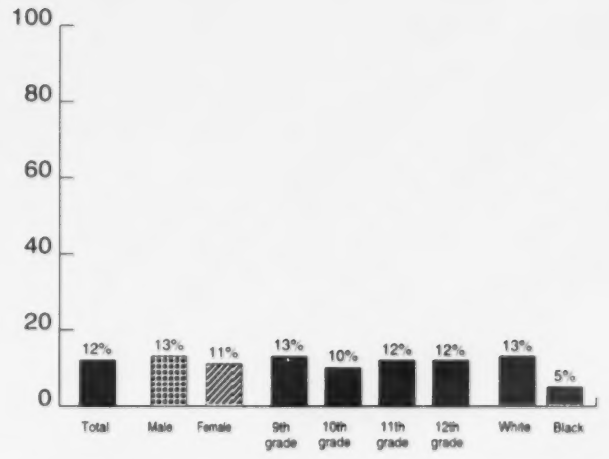
▶ Q32 Percentage of YRBS participants who smoked cigarettes on one or more of the past 30 days.

Twenty-one percent of Ohio's high school students smoked two or more cigarettes per day on the days they smoked. Twenty-three percent of male and 20% of female students smoked two or more cigarettes per day. Twenty percent of ninth graders, 21% of tenth graders, 20% of eleventh graders, and 24% of twelfth graders smoked two or more cigarettes per day. *Significantly* more white (24%) than black students (7%) smoked two or more cigarettes per day.



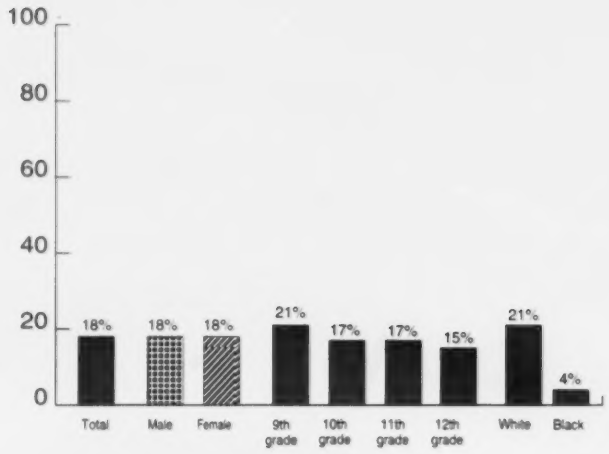
▶ Q33 Percentage of YRBS participants who smoked 2 or more cigarettes per day on the days they smoked.

During the 30 days prior to the survey, 12% of Ohio high school students smoked cigarettes on school property. Thirteen percent of male and 11% of female students smoked on school property. Thirteen percent of ninth graders, 10% of tenth graders, 12% of eleventh graders, and 12% of twelfth graders smoked cigarettes on school property during the 30 days prior to completing the Youth Risk Behavior Survey. *Significantly* more white (13%) than black students (5%) smoked cigarettes on school property.



▶ Q34 Percentage of YRBS participants who smoked cigarettes on school property one or more of the past 30 days.

During the six months prior to the survey, 18% of Ohio high school students tried to quit smoking cigarettes. The same percentage (18%) of male and female high school students tried to quit. Twenty-one percent of ninth graders, 17% of tenth graders, 17% of eleventh graders, and 15% of twelfth graders tried to quit smoking cigarettes during the six months before completing the Ohio Youth Risk Behavior Survey. *Significantly* more white (21%) than black students (4%) tried to quit smoking.



▶ Q35 Percentage of YRBS participants who tried to quit smoking cigarettes during the past 6 months.

SMOKELESS TOBACCO

Tobacco use is considered the chief preventable cause of death in the United States,[15] accounting for more than one of every five deaths.[16, 17] Male adolescent smokeless tobacco users are significantly more likely to use cigarettes (about 3 times more likely), marijuana (2 times), or alcohol (2.5 times) than nonusers.[40] Smokeless tobacco use by adolescents is associated with early indicators of periodontal degeneration, discoloration of teeth and fillings, nicotine dependence, and various forms of oral cancer.[40]

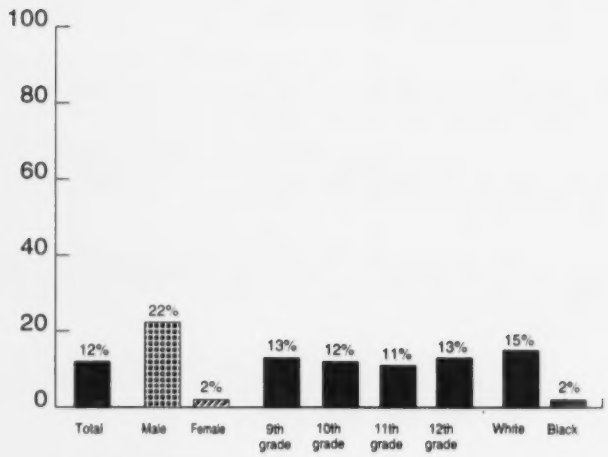
Where Ohio Wants to Be by the Year 2000

Reduce smokeless tobacco use by males aged 12 through 24 to a prevalence of no more than 4%. (Year 2000 Objective 3.9)

Reduce the percentage of students who have used chewing tobacco or snuff on school property within the past 30 days to 0%. (Ohio Benchmark for National Education Goal 7)

What Ohio Students Reported

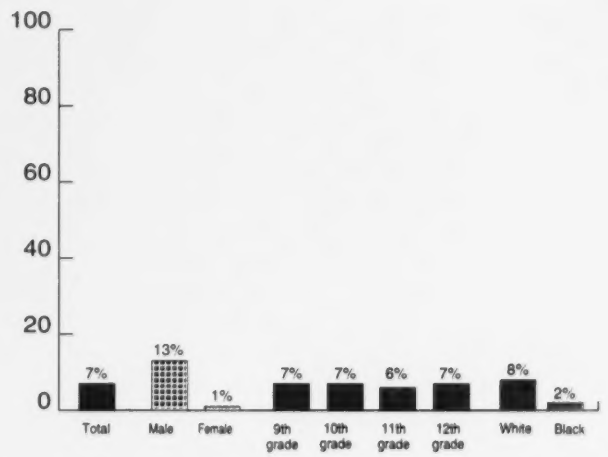
During the 30 days prior to the survey, 12% of Ohio high school students used chewing tobacco or snuff. *Significantly* more male (22%) than female students (2%) reported they used chewing tobacco such as Redman, Levi Garrett, or Beechnut or snuff such as Skoal, Skoal Bandits, or Copenhagen. Thirteen percent of ninth graders, 12% of tenth graders, 11% of eleventh graders, and 13% of twelfth graders used chewing tobacco or snuff. *Significantly* fewer black (2%) than white students (15%) used chewing tobacco or snuff during the 30 days prior to completing the 1993 Youth Risk Behavior Survey.



▶ **Q36** Percentage of YRBS participants who used chewing tobacco* or snuff** during the past 30 days.

*such as Redman, Levi Garrett, or Beechnut
**such as Skoal, Skoal Bandits, or Copenhagen

Seven percent of Ohio high school students used chewing tobacco or snuff on school property. During the 30 days preceding the survey, *significantly* more male students (13%) than female students (1%) used snuff or chewing tobacco on school property. Seven percent of ninth, tenth, and twelfth graders and 6% of eleventh graders used chewing tobacco or snuff on school property. *Significantly* more white (8%) than black students (2%) used chewing tobacco or snuff on school property during the 30 days prior to completing the Youth Risk Behavior Survey.



▶ **Q37** Percentage of YRBS participants who used chewing tobacco* or snuff** on school property during the past 30 days.

*such as Redman, Levi Garrett, or Beechnut
**such as Skoal, Skoal Bandits, or Copenhagen

▶ Alcohol and Other Drugs

ALCOHOL

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes,[21] which are leading causes of death and disability among young people.[6] Heavy drinking among youth has been linked conclusively to physical fights, destroyed property, academic and job problems, and trouble with law enforcement authorities.[22]

Where Ohio Wants to Be by the Year 2000

Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents ages 12 through 17. (Year 2000 Objective 4.5)

Reduce the proportion of young people who have used alcohol, marijuana, and cocaine in the past month. (Year 2000 Objective 4.6.)

Reduce the proportion of high school seniors and college students engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28% of high school seniors and 32% of college students. (Year 2000 Objective 4.7)

Increase the proportion of high school seniors who perceive social disapproval associated with the heavy use of alcohol, occasional use of marijuana, and experimentation with cocaine. (Year 2000 Objective 4.9)

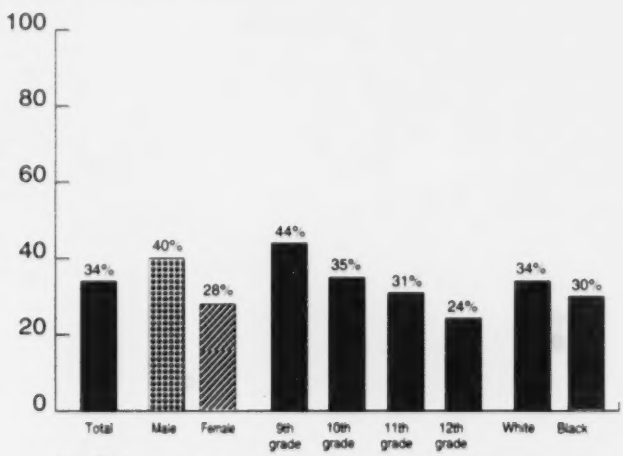
Increase the proportion of high school seniors who associate risk of physical or psychological harm with the heavy use of alcohol, regular use of marijuana, and experimentation with cocaine. (Year 2000 Objective 4.10)

Provide to children in all school districts and private schools primary and secondary educational programs on alcohol and other drugs, preferably as part of quality school health education. (Year 2000 Objective 4.13)

Reduce the percentage of students who have used alcohol on school property within the past 30 days to 0%. (Ohio Benchmark for National Education Goal 7)

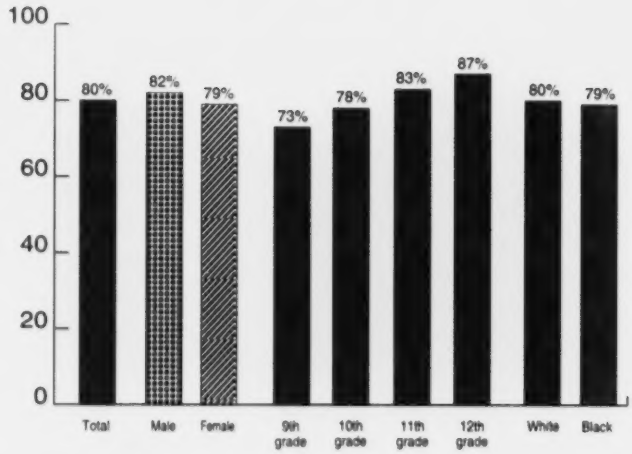
What Ohio Students Reported

Overall, 34% of Ohio's high school students had their first drink of alcohol other than a few sips prior to age 13. *Significantly* more male (40%) than female students (28%) drank before age 13. Forty-four percent of ninth graders, 35% of tenth graders, 31% of eleventh graders, and 24% of twelfth graders reported they drank before age 13. Thirty-four percent of white students and 30% of black students had their first drink of alcohol prior to age 13.



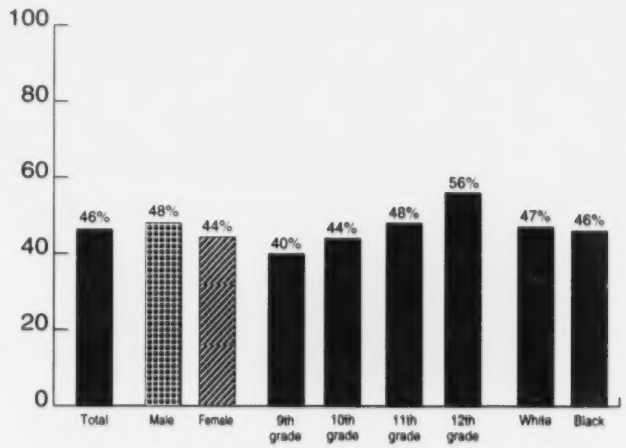
▶ Q38 Percentage of YRBS participants who had their first drink of alcohol other than a few sips prior to age 13.

Eighty percent of Ohio high school students had at least one drink of alcohol during their life. Eighty-two percent of male and 79% of female students had at least one drink as did 73% of ninth graders, 78% of tenth graders, 83% of eleventh graders, and 87% of twelfth graders. Eighty percent of white and 79% of black students drank alcohol on one or more occasions during their life.



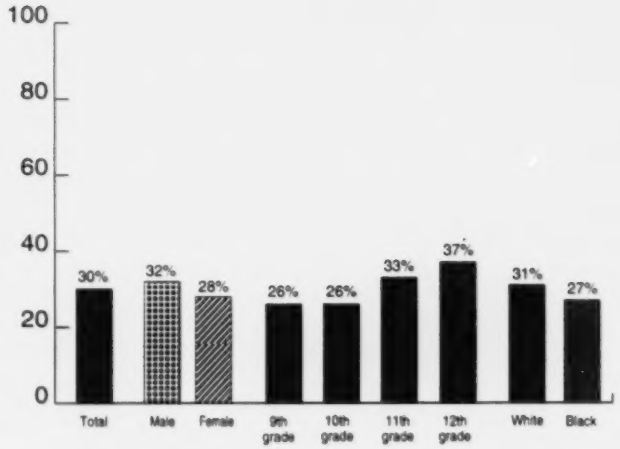
▶ Q39 Percentage of YRBS participants who had at least one drink of alcohol on one or more days during their life.

During the 30 days prior to the survey, 46% of Ohio high school students had at least one drink of alcohol. Forty-eight percent of male and 44% of female students drank alcohol at least once during the 30 days prior to completing the 1993 Ohio Youth Risk Behavior Survey. Forty percent of ninth graders, 44% of tenth graders, 48% of eleventh graders, and 56% of twelfth graders drank alcohol during the past 30 days, as did 47% of white and 46% of black high school students.



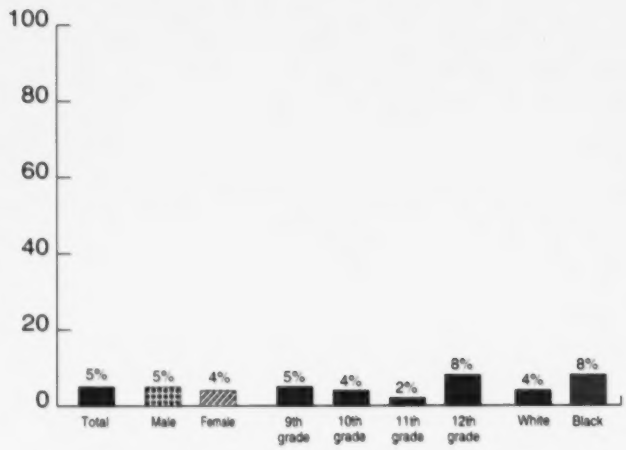
▶ Q40 Percentage of YRBS participants who had at least one drink of alcohol on one or more of the past 30 days.

During the 30 days preceding the survey, 30% of Ohio high school students had five or more drinks of alcohol in a row. Thirty-two percent of male and 28% of female students drank five or more drinks in a row. Twenty-six percent of ninth and tenth graders, 33% of eleventh graders, and 37% of twelfth graders drank five or more drinks in a row. Thirty-one percent of white and 27% of black students consumed five drinks of alcohol in a row during the 30 days prior to completing the Ohio Youth Risk Behavior Survey.



▶ Q11 Percentage of YRBS participants who had 5 or more drinks of alcohol in a row on one or more of the past 30 days.

Five percent of Ohio high school students had at least one drink of alcohol on school property during the 30 days preceding the survey. Five percent of male and 4% of female students reported they drank on school property during the 30 days prior to completing the Youth Risk Behavior Survey. Five percent of ninth graders, 4% of tenth graders, 2% of eleventh graders, and 8% of twelfth graders drank on school property. *Significantly* more black (8%) than white (4%) students drank on school property during the 30 days prior to the survey.



▶ Q12 Percentage of YRBS participants who had at least one drink of alcohol on school property on one or more of the past 30 days.

MARIJUANA, COCAINE, AND OTHER ILLEGAL DRUGS

Lifetime use of marijuana, crack cocaine, inhalants, steroids, other illegal drugs, and injected drugs, also was measured by the YRBS. In addition to morbidity and mortality due to injury, drug abuse is related to early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STD), including human immunodeficiency virus (HIV) infection.[2] One in four American adolescents is estimated to be at very high risk for the consequences of alcohol and other drug problems.[23] Despite improvements in recent years, illicit drug use is greater among high school students and other young adults in America than has been documented in any other industrialized nation in the world.[24]

Note: According to the Youth Risk Behavior Survey, the number of Ohio students who reported using cocaine was relatively small. In order to portray a more accurate picture, the percentages reported on the following pages for YRBS questions 47 through 50 have not been rounded to the closest whole number.

Where Ohio Wants to Be by the Year 2000

Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents ages 12 through 17. (Year 2000 Objective 4.5)

Reduce the proportion of young people who have used alcohol, marijuana, and cocaine in the past month as follows: 12.6% of youth aged 12 through 17 and 29% of youth aged 18 through 20 (alcohol use); 3.2% of youth aged 12 through 17 and 7.8% of youth aged 18 through 25 (marijuana use); and 0.6% of youth aged 12 through 17 and 2.3% of youth aged 18-25 (cocaine use). (Year 2000 Objective 4.6)

Increase the proportion of high school seniors who perceive social disapproval associated with the heavy use of alcohol, occasional use of marijuana, and experimentation with cocaine. (Year 2000 Objective 4.9)

Increase the proportion of high school seniors who associate risk of physical or psychological harm with the heavy use of alcohol, regular use of marijuana, and experimentation with cocaine. (Year 2000 Objective 4.10)

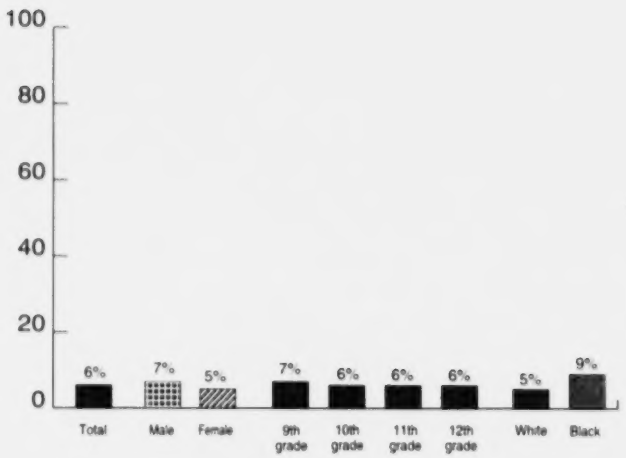
Provide to children in all school districts and private schools, primary and secondary educational programs on alcohol preferably as part of quality school health education. (Year 2000 Objective 4.13)

Reduce to no more than 3% the proportion of male high school seniors who use anabolic steroids. (Year 2000 Objective 4.11)

Reduce the percentage of students who have used marijuana on school property within the past 30 days to 0%. (Ohio Benchmark for National Education Goal 7)

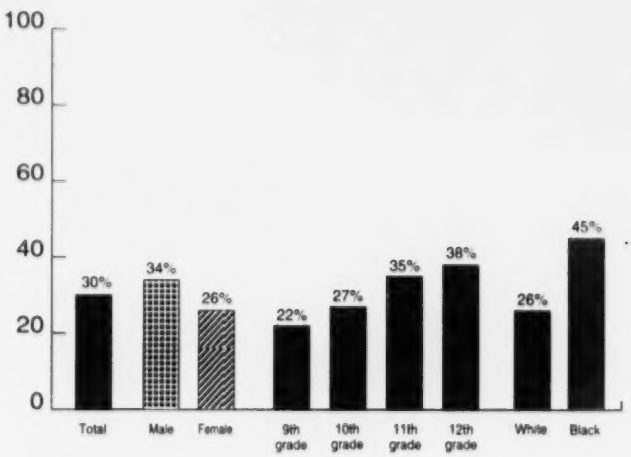
What Ohio Students Reported

Six percent of Ohio high school students tried marijuana prior to age 13, including 7% of males and 5% of females. Seven percent of ninth graders and 6% of tenth, eleventh, and twelfth graders tried marijuana before age 13. *Significantly* more black (9%) than white (5%) students tried marijuana before age 13.



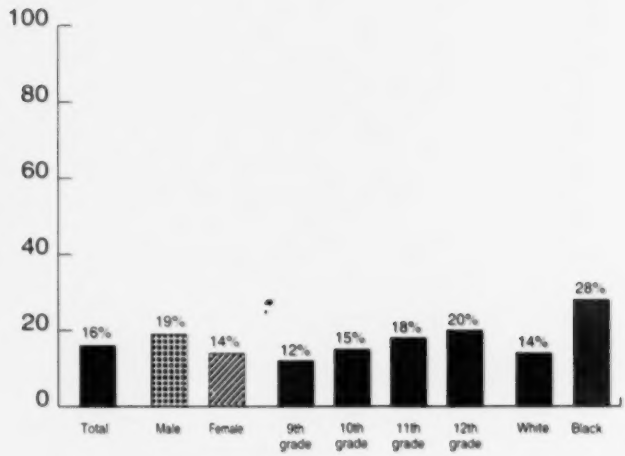
▶ Q13 Percentage of YRBS participants who tried marijuana for the first time prior to age 13.

Thirty percent of Ohio high school students have used marijuana one or more times during their life, including 34% of male and 26% of female students. Twenty-two percent of ninth graders, 27% of tenth graders, 35% of eleventh graders, and 38% of twelfth graders have used marijuana. *Significantly* more black (45%) than white (26%) students used marijuana one or more times during their life.



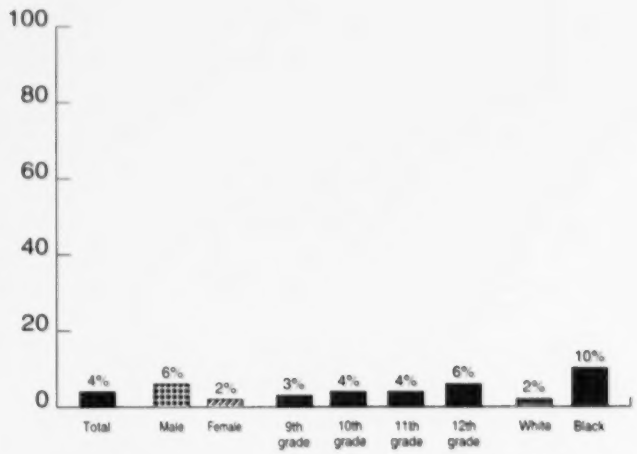
▶ Q11 Percentage of YRBS participants who used marijuana one or more times during their life.

During the 30 days preceding the survey, 16% of Ohio high school students used marijuana, including 19% of males and 14% of females. Twelve percent of ninth graders, 15% of tenth graders, 18% of eleventh graders, and 20% of twelfth graders reported on the survey that they used marijuana during the preceding 30 days. *Significantly* more black (28%) than white students (14%) used marijuana one or more times during the prior 30 days.



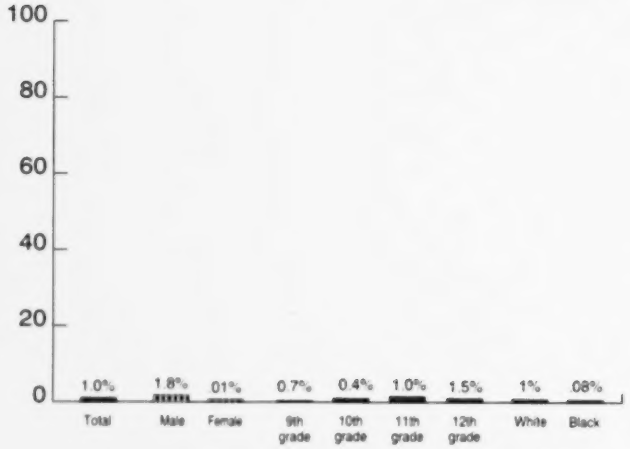
▶ **Q45** Percentage of YRBS participants who used marijuana one or more times during the past 30 days.

During the 30 days prior to completing the 1993 Ohio Youth Risk Behavior Survey, 4% of Ohio high school students used marijuana on school property. *Significantly* more male (6%) than female (2%) students reported such marijuana use. Three percent of ninth graders, 4% of tenth and eleventh graders, and 6% of twelfth graders used marijuana on school property during the 30 days prior to this survey. *Significantly* more black (10%) than white students (2%) used marijuana on school property.



▶ **Q46** Percentage of YRBS participants who used marijuana on school property one or more times during the past 30 days.

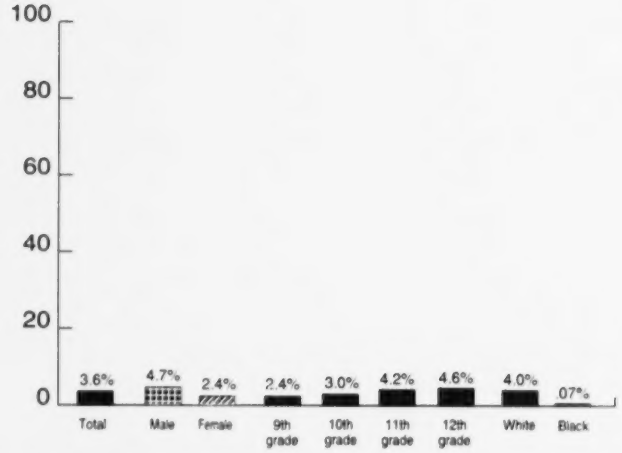
Overall, 1% of Ohio high school students reported trying any form of cocaine prior to age 13. *Significantly* more males (1.8%) than females (.01%) had tried cocaine powder, crack, or freebase prior to age 13. Less than 1% (0.7%) of ninth graders, 0.4% of tenth graders, 1% of eleventh graders, and 1.5% of twelfth graders reported using any cocaine before age 13. One percent of white and 0.8% of black students reported using any cocaine before age 13.



▶ Q17 Percentage of YRBS participants who tried any form of cocaine* for the first time prior to age 13.

*including powder, crack, or freebase

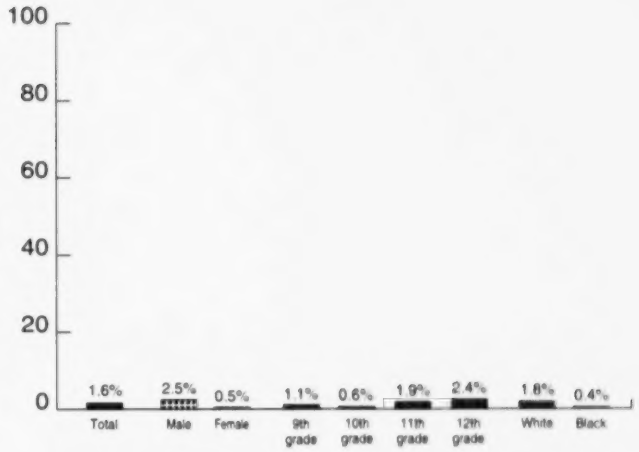
Overall, 3.6% of Ohio high school students tried any form of cocaine one or more times during their life. On the 1993 Youth Risk Behavior Survey, 4.7% of males and 2.4% of females reported they had tried cocaine during their life. The YRBS findings indicate that 2.4% of ninth graders, 3% of tenth graders, 4.2% of eleventh graders, and 4.6% of twelfth graders used cocaine in powder, crack, or freebase form. *Significantly* more white (4%) than black students (0.7%) used cocaine during their life.



▶ Q18 Percentage of YRBS participants who tried any form of cocaine* one or more times during their life.

*including powder, crack, or freebase

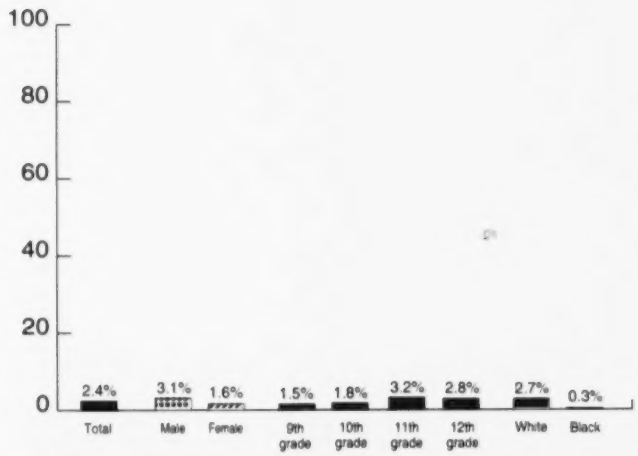
During the 30 days preceding the survey, 1.6% of Ohio high school students tried any form of cocaine. *Significantly* more male (2.5%) than female (0.5%) students tried cocaine during the 30 days prior to completing the Youth Risk Behavior Survey. The findings indicate that 1.1% of ninth graders, 0.6% of tenth graders, 1.9% of eleventh graders, and 2.4% of twelfth graders reported that they had tried cocaine during the 30 days preceding the survey. *Significantly* more white (1.8%) than black students (0.4%) used any form of cocaine including powder, crack, or freebase during the 30 days prior to the YRBS.



▶ **Q49** Percentage of YRBS participants who tried any form of cocaine* one or more times during the past 30 days.

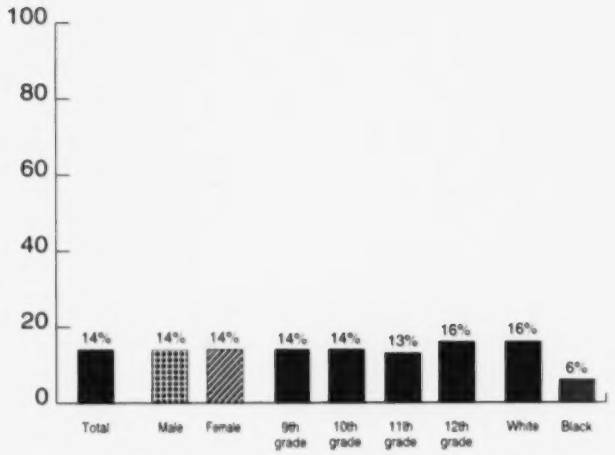
*including powder, crack, or freebase

Overall, 2.4% of Ohio high school students reported using the crack or freebase forms of cocaine. In all, 3.1% of male students and 1.6% of female students used crack or freebase cocaine. By grade level, 1.5% of ninth graders, 1.8% of tenth graders, 3.2% of eleventh graders, and 2.8% of twelfth graders reported using freebase or crack cocaine during their life. *Significantly* more white (2.7%) than black (0.3%) students used freebase or crack cocaine during their life.



▶ **Q50** Percentage of YRBS participants who used the crack or freebase forms of cocaine one or more times during their life.

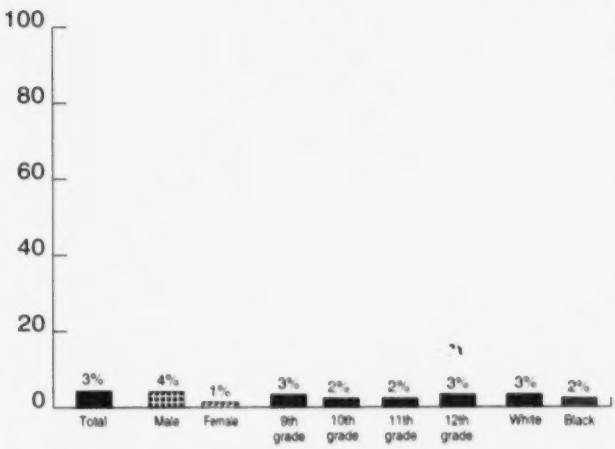
Fourteen percent of Ohio high school students used other illegal drugs, such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills without a doctor's prescription, one or more times during their life. Fourteen percent of male and female students reported other illegal drug use. Fourteen percent of ninth and tenth graders, 13% of eleventh graders, and 16% of twelfth graders used other illegal drugs. *Significantly* more white (16%) than black students (6%) used LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills without a doctor's prescription according to this survey.



▶ Q51 Percentage of YRBS participants who used any other type of illegal drug* one or more times during their life.

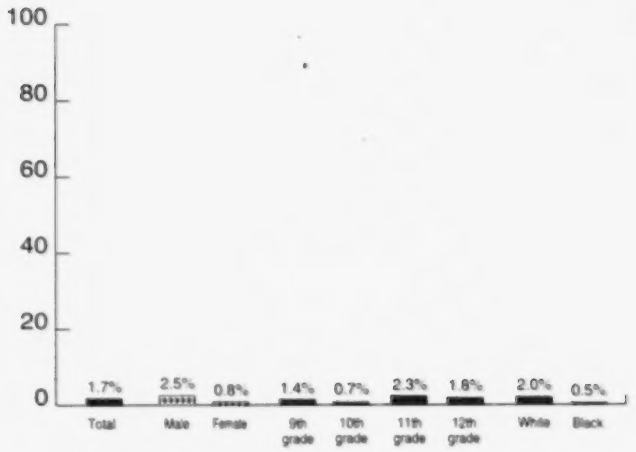
*such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills without a doctor's prescription.

Steroid pills or shots were used without a doctor's prescription by 3% of Ohio high school students. *Significantly* more male (4%) than female (1%) students reported taking steroid pills or shots without a doctor's prescription one or more times during their life. Three percent of ninth graders, 2% of tenth and eleventh graders, and 3% of twelfth graders had used steroids without a doctor's prescription. Three percent of white and 2% of black students reported steroid use without a doctor's prescription.



▶ Q52 Percentage of YRBS participants who took steroid pills or shots without a doctor's perscription one or more times during their life.

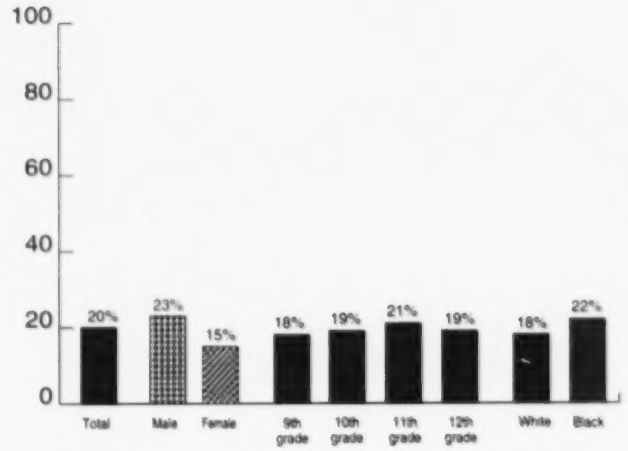
Overall, 1.7% of Ohio high school students reported having ever injected illegal drugs during their life. The findings indicate that 2.5% of males and 0.8% of females ever injected (shot up) any illegal drug. By grade level,1.4% of ninth graders, 0.7% of tenth graders, 2.3% of eleventh graders, and 1.8% of twelfth graders ever injected any illegal drug. *Significantly* more white (2.0%) than black (0.5%) students ever injected any illegal drug.



▶ Q53 Percentage of YRBS participants who ever injected (shot up) any illegal drug during their life.

(Note: due to the small numbers reported, percentages have not been rounded to the nearest whole number.)

During the year prior to completing the Youth Risk Behavior Survey, 20% of Ohio high school students had someone offer, sell, or give them an illegal drug on school property. *Significantly* more male students (23%) than female students (15%) were offered, given, or sold an illegal drug on school property. Eighteen percent of ninth graders, 19% of tenth graders, 21% of eleventh graders, and 19% of twelfth graders had someone offer, sell, or give them an illegal drug on school property during the 12 months preceding the survey. Eighteen percent of white and 22% of black students had someone offer, sell, or give them an illegal drug on school property during the prior year.



▶ Q54 Percentage of YRBS participants who have had someone offer, sell, or give them an illegal drug on school property during the past 12 months.

HIV/AIDS, Pregnancy, and Sexually Transmitted Diseases

HIV/AIDS AND SEXUALLY TRANSMITTED DISEASES (STD)

Acquired immunodeficiency syndrome (AIDS) is the only major disease in the United States for which mortality is increasing.[6] AIDS is the seventh leading cause of years of potential life lost before age 65 in the United States[27] and is the sixth leading cause of death for youth aged 15 through 24.[17] Of the 12 million new cases of sexually transmitted diseases (STDs) per year, 86% are among people aged 15 through 29.[28] STDs may result in infertility, adverse effects on pregnancy outcome and maternal and child health, and facilitation of HIV transmission.[6]

NOTE: Some additional data were presented in this section to communicate more comprehensive information. If more information is needed, please request "CDC's Detail Tables" from the Ohio Department of Education.

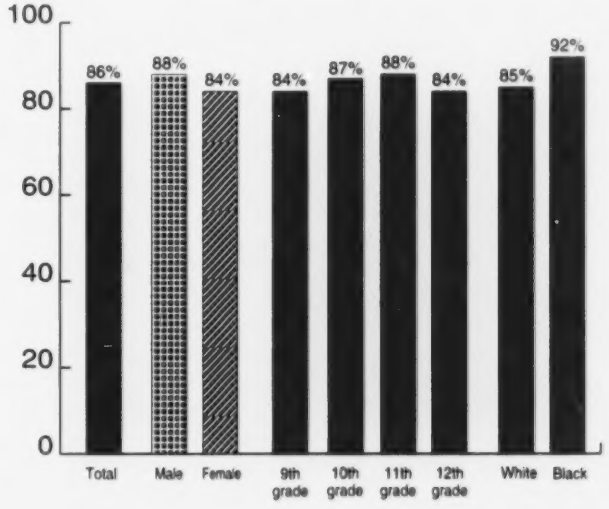
Where Ohio Wants to Be by the Year 2000

Increase to at least 85% the proportion of people aged 10 through 18 who have discussed human sexuality, including values surrounding sexuality, with their parents and/or have received information through another parentally-endorsed source, such as youth, school, or religious programs. (Year 2000 Objective 5.8)

Increase to at least 90% the proportion of sexually active unmarried people aged 19 and younger who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier prevention against disease. (Year 2000 Objective 5.6)

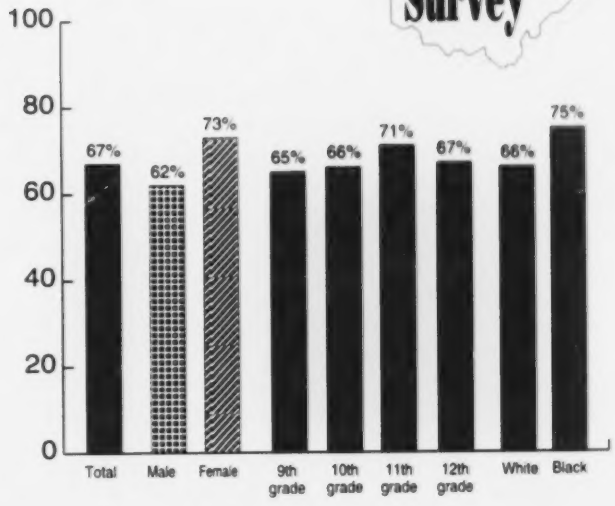
What Ohio Students Reported

Eighty-six percent of Ohio high school students report having been taught about AIDS/HIV infection in school. Eighty-eight percent of males and 84% of females were taught about AIDS/HIV infection in school. Eighty-four percent of ninth grade students, 87% of tenth graders, 88% of eleventh graders, and 84% of twelfth graders were taught about AIDS/HIV infection in school. *Significantly* more black students (92%) than white students (85%) were taught about AIDS/HIV infection in school.



▶ Q55 Percentage of YRBS participants who were taught about AIDS/HIV infection in school.

Sixty-seven percent of Ohio high school students talked about AIDS/HIV infection with their parents or other adults in their family. *Significantly* fewer males (62%) than females (73%) talked about AIDS/HIV infection with their parents or other adults in their family. Sixty-five percent of ninth graders, 66% of tenth graders, 71% of eleventh graders, and 67% of twelfth graders reported they talked about AIDS/HIV infection with their parents or adults in their family. *Significantly* more black (75%) than white students (66%) talked about AIDS/HIV with their parents or other adults in their family.



▶ **Q56** Percentage of YRBS participants who ever talked about AIDS/HIV infection with their parents or other adults in their family.

SEXUAL ACTIVITY

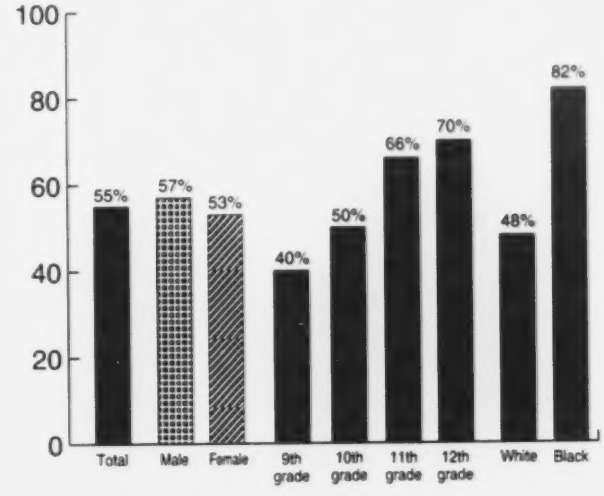
Early sexual activity is associated with unwanted pregnancy and STDs, including HIV infection, and negative effects on social and psychological development. Number of sexual partners and age at first sexual intercourse are associated with STDs. Alcohol and other drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.[25]

Where Ohio Wants to Be by the Year 2000

Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15% by age 15 and no more than 40% by age 17. (Year 2000 Objective 5.4)

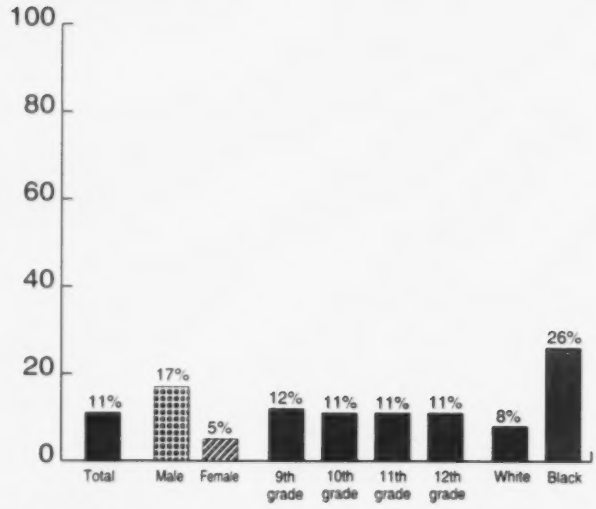
What Ohio Students Reported

While 55% of Ohio high school students reported that they had had sexual intercourse, 45% reported that they had never engaged in sexual intercourse. Fifty-seven percent of male high school students surveyed and 53% of female students reported they had engaged in sexual intercourse. Forty percent of ninth graders, 50% of tenth graders, 66% of eleventh graders, and 70% of twelfth grade students reported they had had sexual intercourse. *Significantly* more black students than white students (82% vs. 48%) engaged in sexual intercourse.



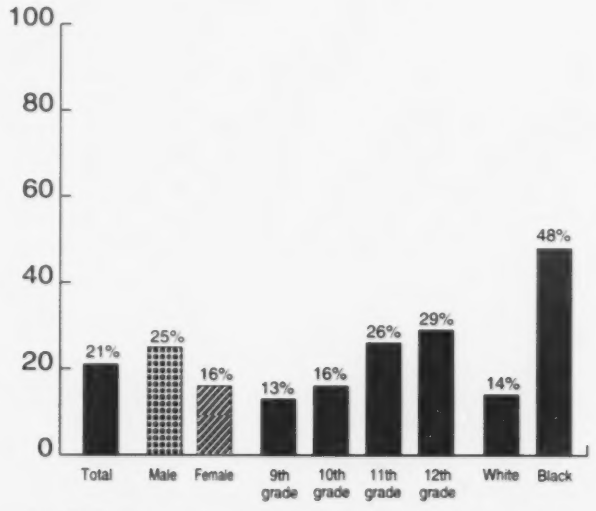
▶ **Q57** Percentage of YRBS participants who ever had sexual intercourse.

Eleven percent of Ohio high school students reported that they had sexual intercourse for the first time prior to age 13. S*ignificantly* more males than female students (17% vs. 5%) engaged in sexual intercourse for the first time prior to age 13. Twelve percent of ninth graders and 11% of tenth, eleventh, and twelfth graders engaged in sexual intercourse for the first time prior to age 13. Black students were *significantly* more likely than white students (26% vs. 8%) to have engaged in sexual intercourse for the first time prior to age 13. Black female students surveyed were *significantly* more likely than white female students (9% vs. 4%) to have engaged in sexual intercourse for the first time prior to age 13, and black male students were also *significantly* more likely than white male students (45% vs. 11%) to have engaged in sexual intercourse prior to age 13.



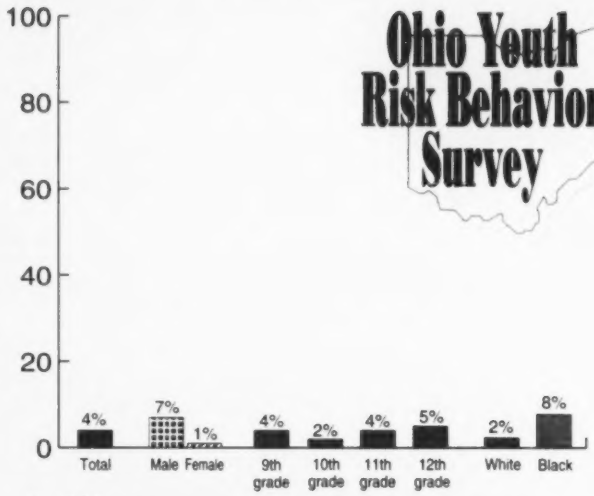
▶ **Q58** Percentage of YRBS participants who had sexual intercourse for the first time prior to age 13.

Twenty-one percent of Ohio high school students reported that they had had sexual intercourse with four or more people during their life. Twenty-five percent of male students surveyed and 16% of female students reported they had had sexual intercourse with four or more people during their life. Thirteen percent of ninth grade students, 16% of tenth graders, 26% of eleventh graders, and 29% of twelfth graders reported they had had sexual intercourse with four or more people during their life. *Significantly* more black students than white students (48% vs. 14%) had had sexual intercourse with four or more people during their life.



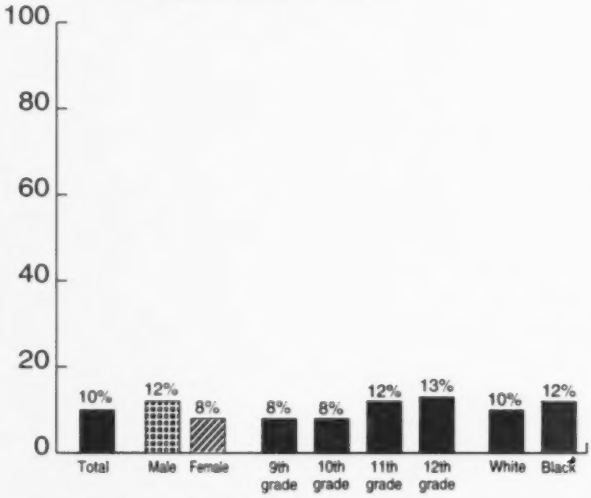
▶ **Q59** Percentage of YRBS participants who had sexual intercourse with four or more people during their life.

Four percent of Ohio high school students reported that they had sexual intercourse with four or more people during the three months preceding the survey. *Significantly* more males (7%) than females (1%) had sexual intercourse with four or more people during the prior three months. Four percent of Ohio ninth grade students, 2% of tenth graders, 4% of eleventh graders, and 5% of twelfth graders had sexual intercourse with four or more people during that time. Black students (8%) were *significantly* more likely than white students (2%) to report having had sexual intercourse with four or more people during the prior three months.



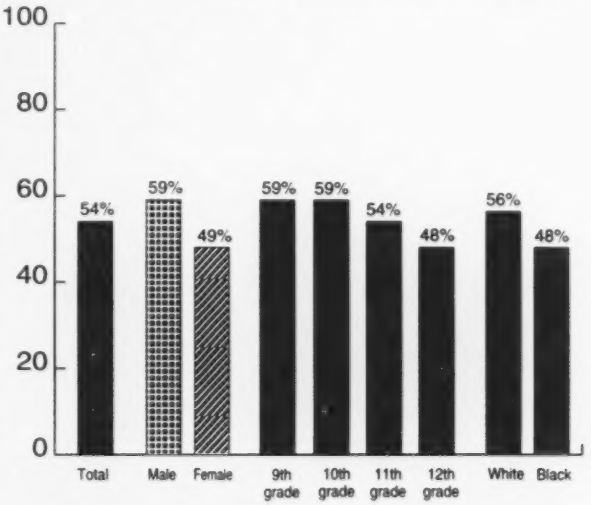
▶ **Q60** Percentage of YRBS participants who had sexual intercourse with four or more people during the past three months.

Ten percent of Ohio high school students drank alcohol or used drugs before last sexual intercourse, including 12% of males and 8% of females. Eight percent of ninth grade students, 8% of tenth graders, 12% of eleventh graders, and 13% of twelfth graders drank alcohol or used drugs before last sexual intercourse. Twelve percent of black students and 10% of white students drank alcohol or used drugs before last sexual intercourse.



▶ **Q61** Percentage of YRBS participants who drank alcohol or used drugs before last sexual intercourse.

Of Ohio high school students who reported they had sexual intercourse during the three months prior to completing the YRBS, 54% used or had their partner use a condom during last sexual intercourse. More sexually active males than sexually active females (59% vs. 49%) reported condom use during last sexual intercourse. Fifty-nine percent of ninth and tenth graders, 54% of eleventh graders, and 48% of twelfth graders in this sexually active population reported they used a condom during last sexual intercourse. Forty-eight percent of sexually active black students and 56% of sexually active white students used a condom at last sexual intercourse.



▶ **Q62** Percentage of YRBS participants who had sexual intercourse during the past three months and who used or whose partner used a condom during last sexual intercourse.

PREGNANCY

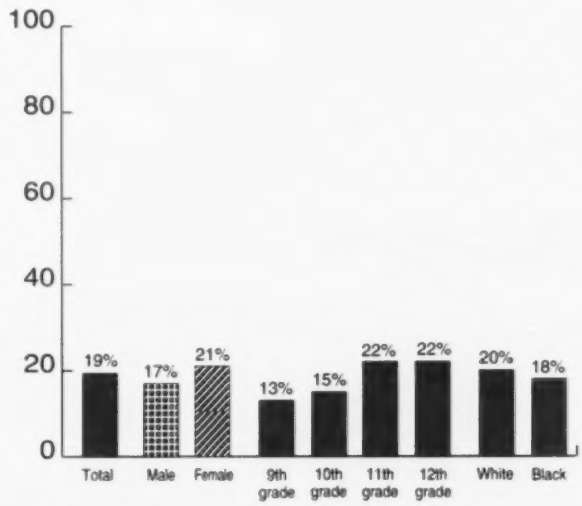
More than one million teenage girls in the United States become pregnant each year; just over 400,000 teenagers obtain abortions; and nearly 470,000 give birth.[25] One third of all unintended pregnancies occur among teenagers, and 75% of teenage pregnancies occur among adolescents who are not using contraception.[26] The United States leads all other Western developed countries in rates of adolescent pregnancy, abortion, and childbearing.[25]

Where Ohio Wants to Be by the Year 2000

Increase to at least 90% the proportion of sexually active unmarried people aged 19 and younger who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier prevention against disease. (Year 2000 Objective 5.6)

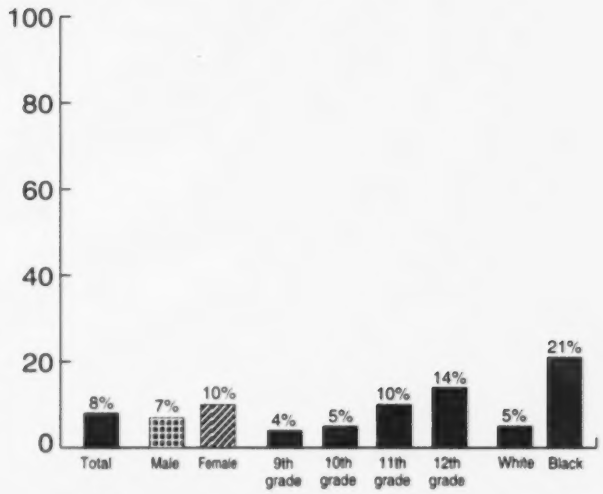
What Ohio Students Reported

Nineteen percent of Ohio high school students who had sexual intercourse during the three months prior to the survey reported that they or a partner used birth control pills to prevent pregnancy during their last sexual intercourse. Seventeen percent of sexually active males and 21% of sexually active females used or their partner used birth control pills to prevent pregnancy during last sexual intercourse. Thirteen percent of ninth graders, 15% of tenth graders, 22% of eleventh graders, and 22% of twelfth graders who had sexual intercourse during the prior three months used birth control pills to prevent pregnancy during last sexual intercourse. Twenty percent of whites and 18% of blacks who were sexually active used birth control pills to prevent pregnancy during last sexual intercourse.



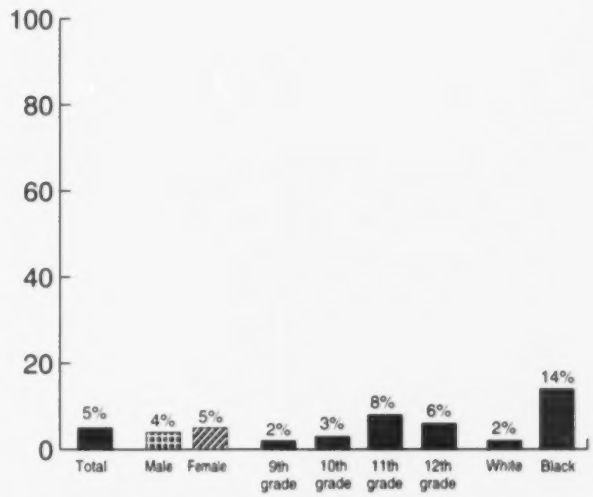
▶ Q63 Percentage of YRBS participants who had sexual intercourse during the past three months who used or whose partner used birth control pills to prevent pregnancy during last sexual intercourse.

Eight percent of Ohio high school students reported having been pregnant or gotten someone pregnant one or more times. Seven percent of males reported having gotten someone pregnant and 10% of females reported having been pregnant. Four percent of ninth grade students, 5% of tenth graders, 10% of eleventh graders and 14% of twelfth graders reported having been pregnant or having gotten someone pregnant. Black students surveyed were *significantly* more likely than white students (21% vs. 5%) to report having been or gotten someone pregnant one or more times.



▶ Q64 Percentage of YRBS participants who had been pregnant or gotten someone pregnant one or more times.

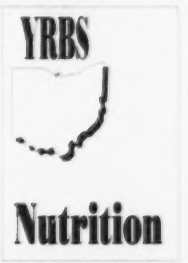
Five percent of Ohio high school students reported having been told by a doctor or nurse that they had a sexually transmitted disease such as genital herpes, genital warts, chlamydia, syphilis, gonorrhea, AIDS, or HIV infection. Four percent of males and 5% of females had been told they had a sexually transmitted disease. Two percent of ninth graders, 3% of tenth graders, 8% of eleventh graders, and 6% of twelfth graders reported having had a sexually transmitted disease. *Significantly* more black students than white students (14% vs. 2%) reported having been told by a doctor or nurse that they had a sexually transmitted disease.



▶ Q65 Percentage of YRBS participants who had ever been told by a doctor or nurse that they had a sexually transmitted disease*.

*such as genital herpes, genital warts, chlamydia, syphilis, gonorrhea, AIDS, or HIV infection

▶ Nutrition



Americans currently consume more than 36 percent of their total calories from fat. High fat diets, which are associated with increased risk of obesity, heart disease, some types of cancer, and other chronic conditions, often are consumed at the expense of foods high in complex carbohydrates and dietary fiber, considered more conducive to health.[30] Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.[34]

Obesity and extreme obesity appear to be increasing by as much as 39% and 64%, respectively, among adolescents aged 12 through 17.[29] Obesity acquired during childhood or adolescence may persist into adulthood, increasing later risk for chronic conditions such as diabetes, heart disease, high blood pressure, stroke, some types of cancer, and gall bladder disease.[30] In addition, children and adolescents often experience social and psychological stress related to obesity.[31] Obesity in adolescence has been related to depression, problems in family relations, and poor school performance.[32] Conversely, overemphasis on thinness during adolescence may contribute to eating disorders, such as anorexia nervosa and bulimia.[30] Adolescent females represent a high-risk population for the development of these two health problems and compose 90 to 95% of all patients with eating disorders.[33]

Note: Because of the type of information reported in this nutrition section and because little variation of change occurred across high school grade levels, pie charts, rather than bar graphs, were chosen to communicate the information. If additional details are needed, please request "CDC's Detail Tables on Nutrition" from the Ohio Department of Education.

When the most accurate rounding rules from CDC are followed, a few of the pie charts do not add to 100%.

Where Ohio Wants to Be By The Year 2000

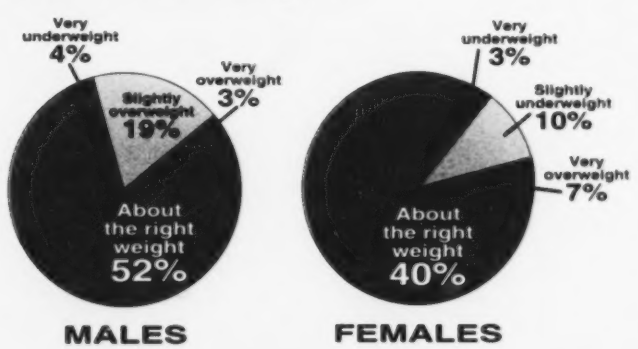
Reduce total dietary fat intake to an average of 30% of calories or less and average saturated fat intake to less than 10% of calories and the intake of cholesterol to less than 300 mg. daily. (Committee on Diet and Health, National Research Council; Year 2000 Objective 2.5)

Increase complex carbohydrate and fiber-containing foods in the diets of adults to five or more daily servings for vegetables (including legumes) and fruits, and to six or more daily servings for grain products. (U.S.D.A. Dietary Guidelines for Americans; Committee on Diet & Health, National Research Council; Year 2000 Objective 2.6)

Increase to at least 50% the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight. (National Health Objective 1.7; Year 2000 Objective 2.7)

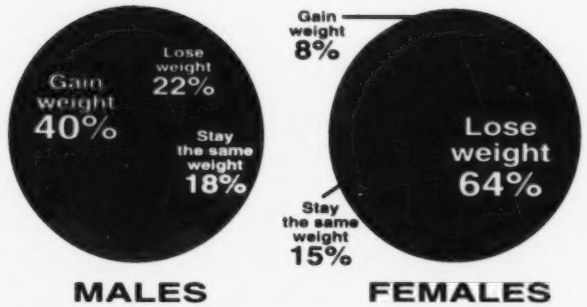
Reduce overweight to a prevalence of no more than 15% among adolescents aged 12 through 19. (National Health Objective 1.2; Year 2000 Objective 2.3)

What Ohio Students Reported



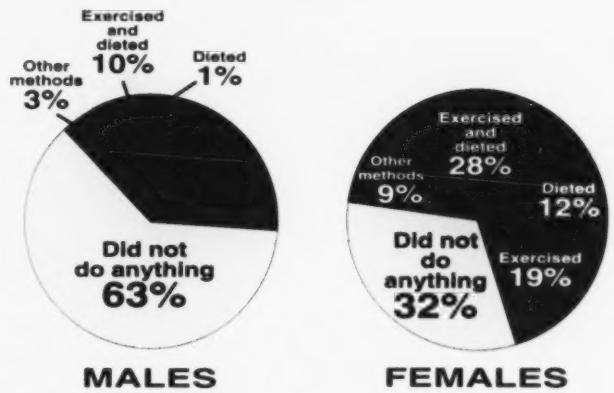
▶ Q 66 How do you think of yourself?

Forty-six percent of high school students thought they were at or near their right weight. More males than females surveyed (52% vs. 40%) thought they weighed the right amount. More females thought they were either slightly overweight (39%) or very overweight (7%) compared to males (19% slightly overweight and 3% very overweight). Male students surveyed saw themselves as being slightly underweight (23%) or very underweight (3%) more often than female students surveyed (10% slightly underweight and 4% very underweight). There was little difference across grade levels, but *significantly* more black (52%) than white (45%) students thought of themselves as about the right weight.



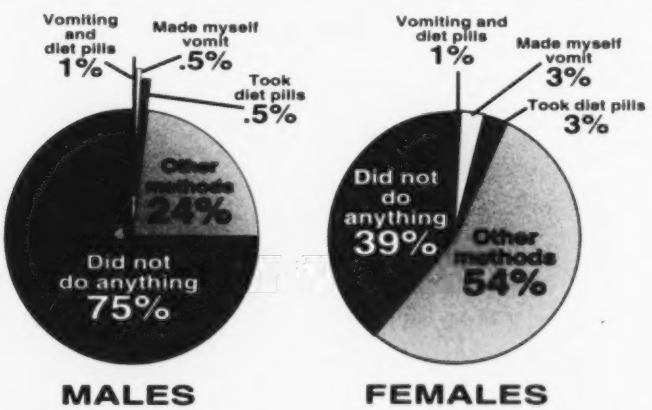
▶ **Q 67** Which of the following are you trying to do?

When asked what they were doing about their weight, female high school students reported trying to lose weight (64%), while male students were most commonly trying to gain weight (40%). A total of 33% of students surveyed reported that they were either "trying to stay at the same weight" (16%) or "not trying to do anything" (17%). More males were satisfied (18% "trying to stay at the same weight" and 20% "not trying to do anything") compared to females (15% "trying to stay at the same weight" and 13% "not trying to do anything"). *Significantly* more white (45%) than black (32%) students were trying to lose weight.



▶ **Q 68** During the past 7 days, which one of the following did you do to lose weight or keep from gaining weight?

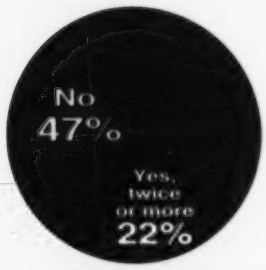
Twenty-eight percent of female high school students and 10% of the males reported they both dieted and exercised to lose or keep from gaining weight during the seven days before the YRBS questionnaires were completed. "Dieting only" was rarely used by the males surveyed (1%) while "exercise only" was common (24%). Likewise, "exercise only" was more often reported as a weight loss or maintenance technique by females (19%) than "diet only" (12%). *Significantly*, more white (49%) than black (36%) students dieted, exercised, or dieted and exercised to lose weight.



▶ **Q 69** During the past 7 days which one of the following did you do to lose weight or keep from gaining weight?

"Vomiting, or diet pills, or both" were reported to have been used during the preceding seven days as a way to lose or keep from gaining weight by 4% of high school students surveyed, 7% of female students, and 2% of male students. Little difference was reported across grade levels or races.

MALES

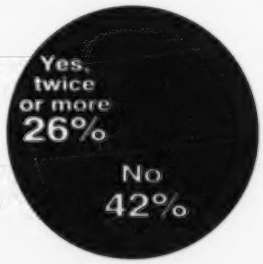


FEMALES

▶ Q 70 Yesterday, did you eat fruit?

When asked the question, "Yesterday, did you eat fruit?" 60% of male high school students and 53% of females said they ate fruit one or more times. When asked if they drank fruit juice yesterday, 61% of high school males surveyed and 58% of the females reported they had consumed fruit juice one or more times. However, an estimated 47% of female and 40% of male students reported they ate no fruit, and 42% of females and 39% of males did not drink fruit juice on the day before the questionnaire was completed. *Significantly* more white (61%) than black (38%) students ate fruit one or more times during the previous day.

MALES



FEMALES

▶ Q 71 Yesterday, did you drink fruit juice?

When asked the question, "Yesterday, did you eat green salad?" 73% of male high school students and 74% of females said "no." Twenty-eight percent of male students and 25% of females said they ate green salad either one or more times. *Significantly* more white (28%) than black (18%) high school students ate green salad one or more times during the previous day. When asked if they ate cooked vegetables yesterday, 51% of males and 53% of females reported they ate no cooked vegetables the day before the survey. Forty-nine percent of high school males and 47% of females ate cooked vegetables either one or more times on the day before completing the YRBS questionnaire. Differences across grade levels or races were not significant.

MALES

FEMALES

▶ Q 72 Yesterday, did you eat green salad?

MALES

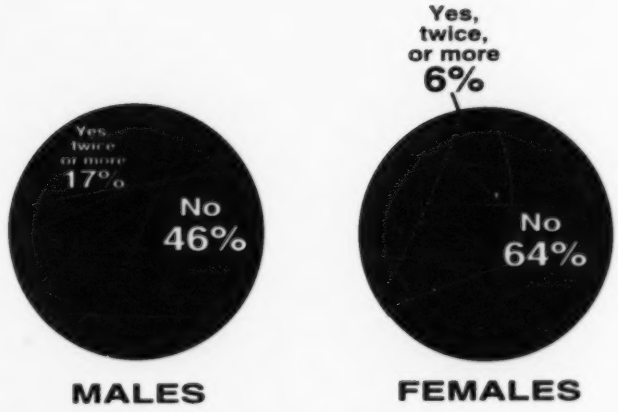
FEMALES

▶ Q 73 Yesterday, did you eat cooked vegetables?

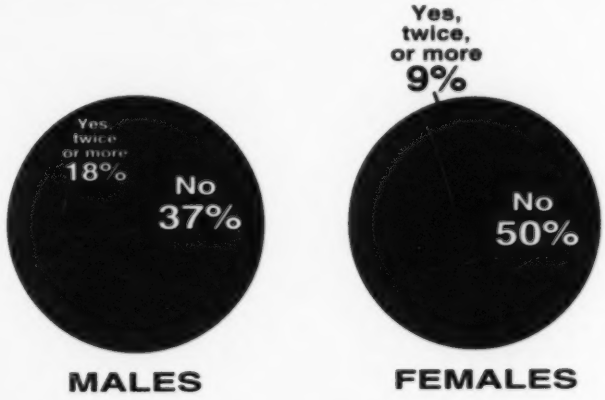
Relative to eating fatty foods, 46% of male high school students and 64% of females said they ate no hamburgers, hot dogs, or sausage the day preceding the survey. Likewise, 37% of males and 50% of females ate no french fries or potato chips, while 31% of high school males surveyed and 42% of the females said they ate no cookies, doughnuts, pie, or cake on the day before they completed the YRBS questionnaire. The percentages of students reporting they ate two or more servings of fatty foods yesterday were as follows:

- hamburgers, hot dogs, or sausage—17% of males and 6% of females;
- french fries or potato chips—18% of males and 9% of females; and
- cookies, doughnuts, pie, or cake—32% of males and 16% of females.

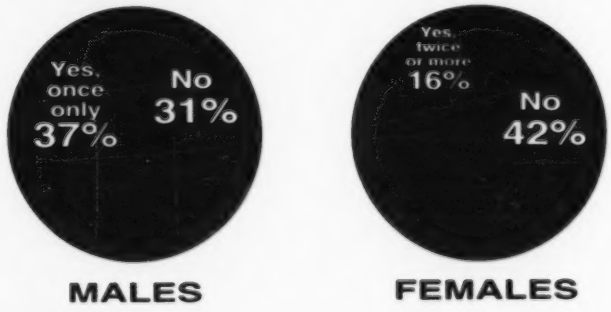
Relative to eating fatty foods, there were no significant differences across grade levels or races.



▶ **Q 74** Yesterday, did you eat hamburger, hot dogs, or sausage?



▶ **Q 75** Yesterday, did you eat french fries or potato chips?



▶ **Q 76** Yesterday, did you cookies, doughnuts, pies or cake?

▶ Physical Fitness

Regular physical activity increases life expectancy[35] and is associated with good mental health and self-esteem.[36] Additionally, regular physical activity can assist in the prevention and management of coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and mental health problems. [37] School physical education programs can have a significant positive effect on the health-related fitness of children.[38, 39]

Where Ohio Wants to Be by the Year 2000

Increase to at least 50% the proportion of children and adolescents in first through twelfth grade who participate in daily school physical education. (Year 2000 Objective 1.8)

Increase to at least 50% the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities. (Year 2000 Objective 1.9)

Increase to at least 75% the proportion of children and adolescents aged six through 17 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion. (Year 2000 Objective 1.4)

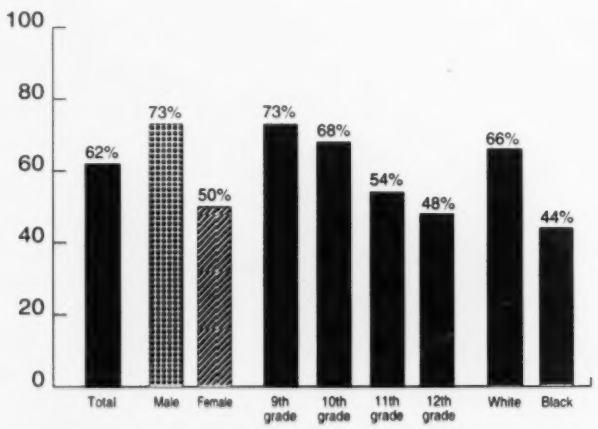
Reduce to no more than 15% the proportion of people aged six and older who engage in no leisure-time physical activity. (Year 2000 Objective 1.5)

Increase to at least 40% the proportion of people aged six and older who regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and flexibility. (Year 2000 Objective 1.6)

Increase to at least 30% the proportion of people aged six and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day. (Year 2000 Objective 1.3)

What Ohio Students Reported

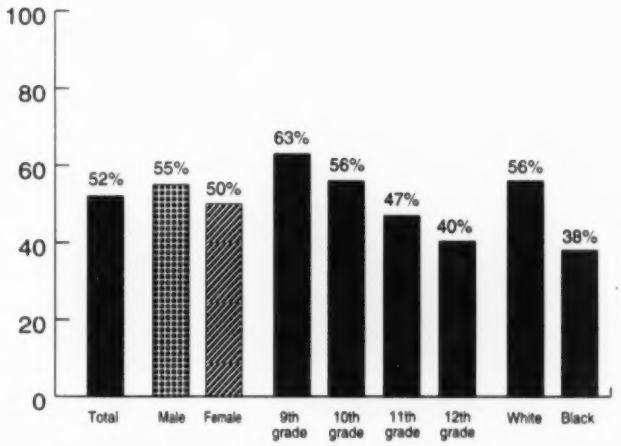
Sixty-two percent of Ohio high school students reported that on three or more days each week they exercised in sports activities that made them sweat and breathe hard. *Significantly* more males (73%) than females (50%) participated in aerobic activities. Seventy-three percent of ninth graders, 68% of tenth graders, 54% of eleventh graders, and 48% of twelfth graders participated in aerobic sports activities three or more days a week. *Significantly* more white (66%) than black (44%) students participated three or more times each week in sports activities which made them sweat and breathe hard.



▶ Q 77 Percentage of YRBS participants who exercised or participated in activities for at least 20 minutes that made them sweat and breathe hard* for three or more of the past seven days.

*such as basketball, jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activities

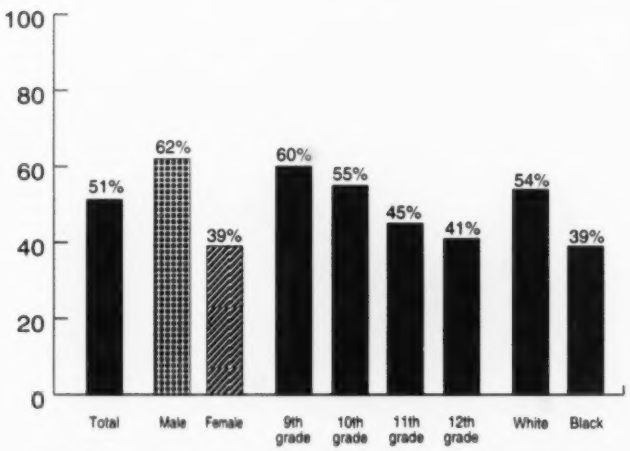
Fifty-two percent of Ohio high school students did stretching exercises three or more days a week. Fifty-five percent of males and 50% of females did stretching exercises such as toe touching, knee bending, or leg stretching. Sixty-three percent of ninth graders, 56% of tenth graders, 47% of eleventh graders, and 40% of twelfth graders reported they did stretching exercises on three or more days during the week prior to completing the YRBS. *Significantly* more white (56%) than black (38%) students did stretching exercises on three or more days during the preceding week.



▶ **Q 78** Percentage of YRBS participants who did stretching exercises* during three or more of the past seven days.

*toe touching, knee bending, or leg stretching

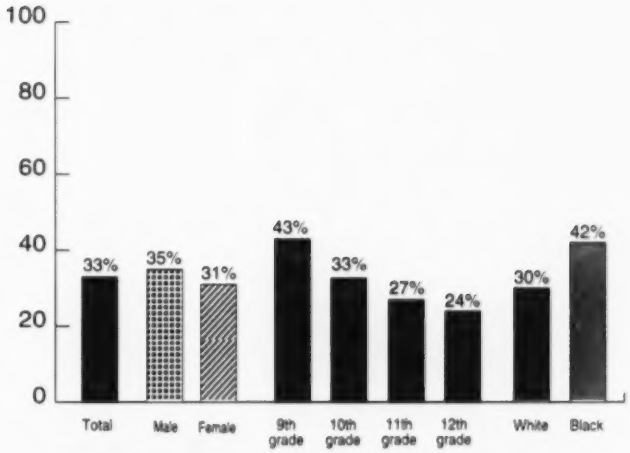
Fifty-one percent of Ohio high school students exercise three or more days a week to strengthen or tone their muscles. *Significantly* more male (62%) than female (39%) students reported they did exercises such as push-ups, sit-ups, or weight-lifting on three or more of the seven days before completing the survey. Sixty percent of ninth graders, 55% of tenth graders, 45% of eleventh graders, and 41% of twelfth graders strengthened or toned their muscles on three or more days a week. *Significantly* more white (54%) than black (39%) students exercised to strengthen or tone muscles.



▶ **Q 79** Percentage of YRBS participants who did exercises to strengthen or tone their muscles* during three or more of the past seven days.

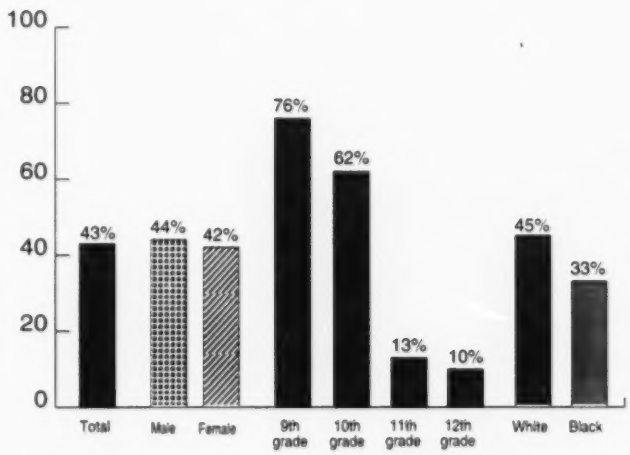
*such as push-ups, sit-ups, or weight lifting

Thirty-three percent of Ohio high school students walked or bicycled for at least 30 minutes on three or more of the seven days prior to completing the YRBS. Thirty-five percent of males and 31% of females walked or bicycled on three of the seven days immediately prior to completing this survey. Forty-three percent of ninth graders, 33% of tenth graders, 27% of eleventh graders, and 24% of twelfth graders walked or bicycled. *Significantly* more black (42%) than white (30%) students walked or bicycled for at least 30 minutes on three or more days of a week.



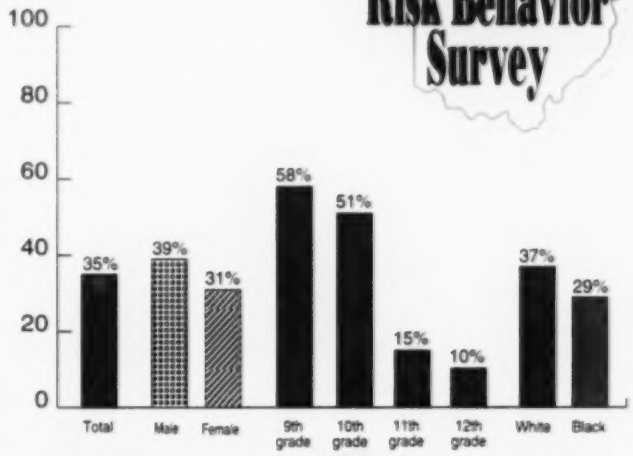
▶ Q 80 Percentage of YRBS participants who walked or bicycled for at least 30 minutes at a time on three or more of the past seven days.

Forty-three percent of Ohio high school students went to physical education (PE) class one or more days in an average school week. Forty-four percent of males and 42% of females went to PE the week before taking this survey. Seventy-six percent of ninth graders, 62% of tenth graders, 13% of eleventh graders and 10% of twelfth graders went to physical education class during an average school week. Forty-five percent of whites and 33% of blacks went to physical education class during an average school week.



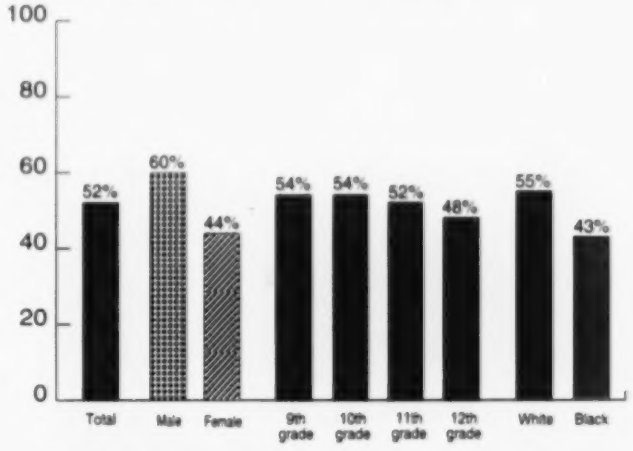
▶ Q 81 Percentage of YRBS participants who went to physical education (PE) class one or more days in an average school week.

Thirty-five percent of Ohio high school students spent more than 20 minutes actually exercising or playing sports during an average physical education (PE) class. Thirty-nine percent of males and 31% of females actually exercised or played sports for more than 20 minutes during an average PE class. Fifty-eight percent of ninth graders, 51% of tenth graders, 15% of eleventh graders, and 10% of twelfth graders were actively involved for more than 20 minutes during one or more physical education classes each week. Thirty-seven percent of white and 29% of black students spent more than 20 minutes actually exercising or playing sports during an average physical education class.



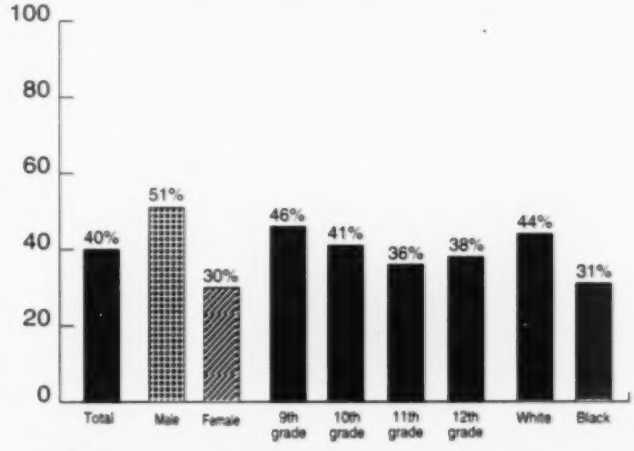
▶ Q82 Percentage of YRBS participants who spent more than 20 minutes actually exercising or playing sports during an average physical education (PE) class.

During the previous 12 months, 52% of Ohio high school students played on one or more sports teams run by their school, not including PE classes. *Significantly* more males (60%) than females (44%) played on one or more sports teams. Fifty-four percent of ninth graders, 54% of tenth graders, 52% of eleventh graders, and 48% of twelfth graders were active on a sports team. Fifty-five percent of white and 43% of black students played on one or more sports teams run by their school during the year.

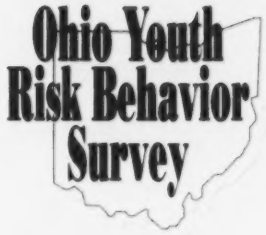


▶ Q83 Percentage of YRBS participants who played on one or more sports teams run by their school, not including PE classes, during the past 12 months.

During the previous year, 40% of Ohio high school students played on a sports team run by an organization outside of their school. *Significantly* more males (51%) than females (30%) played on sports teams outside of their school. Forty-six percent of ninth graders, 41% of tenth graders, 36% of eleventh graders, and 38% of twelfth graders played on one or more sports teams run by an organization outside their school during the last year. *Significantly* more white (44%) than black (31%) students played on a sports team outside of their school during the past 12 months.



▶ Q84 Percentage of YRBS participants who played on one or more sports teams run by organizations outside their school during the past 12 months.



▶ Summary Highlights

Overall, Ohio students' behaviors were relatively healthy. The study identified many statewide strengths, while also pinpointing areas for improvement.

Some key findings showed that most Ohio students did not carry a weapon in the past 30 days, and during the past year most had not considered attempting suicide. Awareness of the risks of AIDS/HIV was high; and most students did not use drugs. About half reported healthy eating habits, eating fruit and vegetables and avoiding fatty meats, and more than half maintained a healthy level of physical activity.

Key areas for needed improvement include, but are not limited to, alcohol use, physical violence, cigarette smoking, and vehicle safety. Eighty percent reported drinking at least one drink of alcohol; 44 percent had been involved in a physical fight in the past year; and 69 percent had tried smoking. Twenty-eight percent of surveyed students rarely or never wore a seatbelt while riding in a car driven by someone else. Only 1% always wore bicycle helmets when on a bike.

The following summaries highlight Ohio students' responses on the Youth Risk Behavior Survey in key areas, and provide an overview of Ohio students' current activities which impact their health.

Key Findings Related to Behaviors that Result in Intentional or Non-Intentional Injuries

- Nine percent of students indicated that they carried a weapon on school property during the 30 days preceding the survey. Eight percent of students reported being threatened or injured with a weapon on school property at least once in the year prior to completing the YRBS.
- Forty-four percent of all students cited at least one physical fight in the previous year. Involvement in fights occurring on school property over the year prior to the survey were reported by 16% of respondents.
- Approximately 37% of the students reported that within the 30 days preceding the survey, they had been a passenger in a car or other vehicle driven by someone who had been drinking.
- Twenty-three percent of students always wore seat belts while riding in a car driven by someone else.
- Twenty-nine percent of students had ridden a motorcycle in the 12 months prior to the survey. Thirty-five percent of those who rode motorcycles always wore motorcycle helmets.
- Approximately 76% of all students rode a bicycle in the 12 months preceding the survey, but only 1% of them always wore a bicycle helmet.
- Twenty-eight percent of participants considered suicide and 11% actually attempted it on one or more occasions during the 12 months before the 1993 Youth Risk Behavior Survey.

Key Findings Related to Tobacco Use

- Sixty-nine percent of Ohio high school students had tried cigarette smoking. Twenty-four percent of Ohio high school students reported that they had ever smoked regularly, which was defined as smoking at least one cigarette every day for 30 days. *Significantly* fewer black students (8%) than white students (28%) had ever smoked regularly.
- Twenty-seven percent of Ohio high school students smoked a whole cigarette for the first time prior to age 13.
- During the six months prior to the survey, 18% of Ohio high school students tried to quit smoking cigarettes.
- During the 30 days prior to the survey, 12% of Ohio high school students used chewing tobacco or snuff.

Key Findings Related to Alcohol and Other Drug Use

- Students who reported they had at least one drink of alcohol during their life were 73% of ninth graders, 78% of tenth graders, 83% of eleventh graders, and 87% of twelfth graders. Thirty-four percent of Ohio's high school students had their first drink of alcohol prior to age 13.
- During the 30 days prior to the survey, 46% of Ohio high school students had at least one drink of alcohol, 30% had five or more drinks of alcohol in a row, and 5% reported drinking alcohol on school property within the past 30 days.
- Sixteen percent of Ohio high school students reported using marijuana one or more times during the 30 days prior to the survey, and 4% reported using marijuana on school property. *Significantly* more black (28%) than white students (14%) used marijuana one or more times during the 30 days prior to the survey. Six percent of Ohio high school students tried marijuana prior to age 13.
- This survey indicated that 3.6 percent of Ohio high school students tried any form of cocaine one or more times during their life. One percent reported trying any form of cocaine prior to age 13. *Significantly* more white (4%) than black students (0.7%) used cocaine during their life.
- Fourteen percent of Ohio high school students used other illegal drugs, such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills without a doctor's prescription, one or more times during their life, and 3% reported taking steroid pills or shots without a doctor's prescription at least once in their life.
- Twenty percent of Ohio high school students had someone offer, sell, or give them an illegal drug on school property during the 12 months prior to the survey.

Key Findings Related to Sexual Behaviors that Result in HIV Infection, Sexually Transmitted Diseases (STDs), and Unintended Pregnancies

- Fifty-five percent of Ohio high school students reported that they had sexual intercourse. Eleven percent of Ohio high school students reported that they had sexual intercourse for the first time prior to age 13.
- Of Ohio high school students who reported they had sexual intercourse during the three months preceding the survey, 54% used or had their partner use a condom during last sexual intercourse. Nineteen percent of Ohio high school students who had sexual intercourse during the three months prior to the survey reported that they or a partner used birth control pills to prevent pregnancy during their last sexual intercourse.
- Reporting they were taught about AIDS/HIV infection in school were 84 percent of ninth graders, 87% of tenth graders, 88% of eleventh graders, and 84% of twelfth graders.
- Of Ohio high school students, 5% reported having been told by a doctor or nurse that they had a sexually transmitted disease such as genital herpes, genital warts, chlamydia, syphilis, gonorrhea, AIDS, or HIV infection. *Significantly* more black students (14%) than white students (2%) reported they had been told they had a sexually transmitted disease.
- Eight percent of Ohio high school students reported having been pregnant or gotten someone pregnant one or more times.

Key Findings Related to Dietary Behaviors

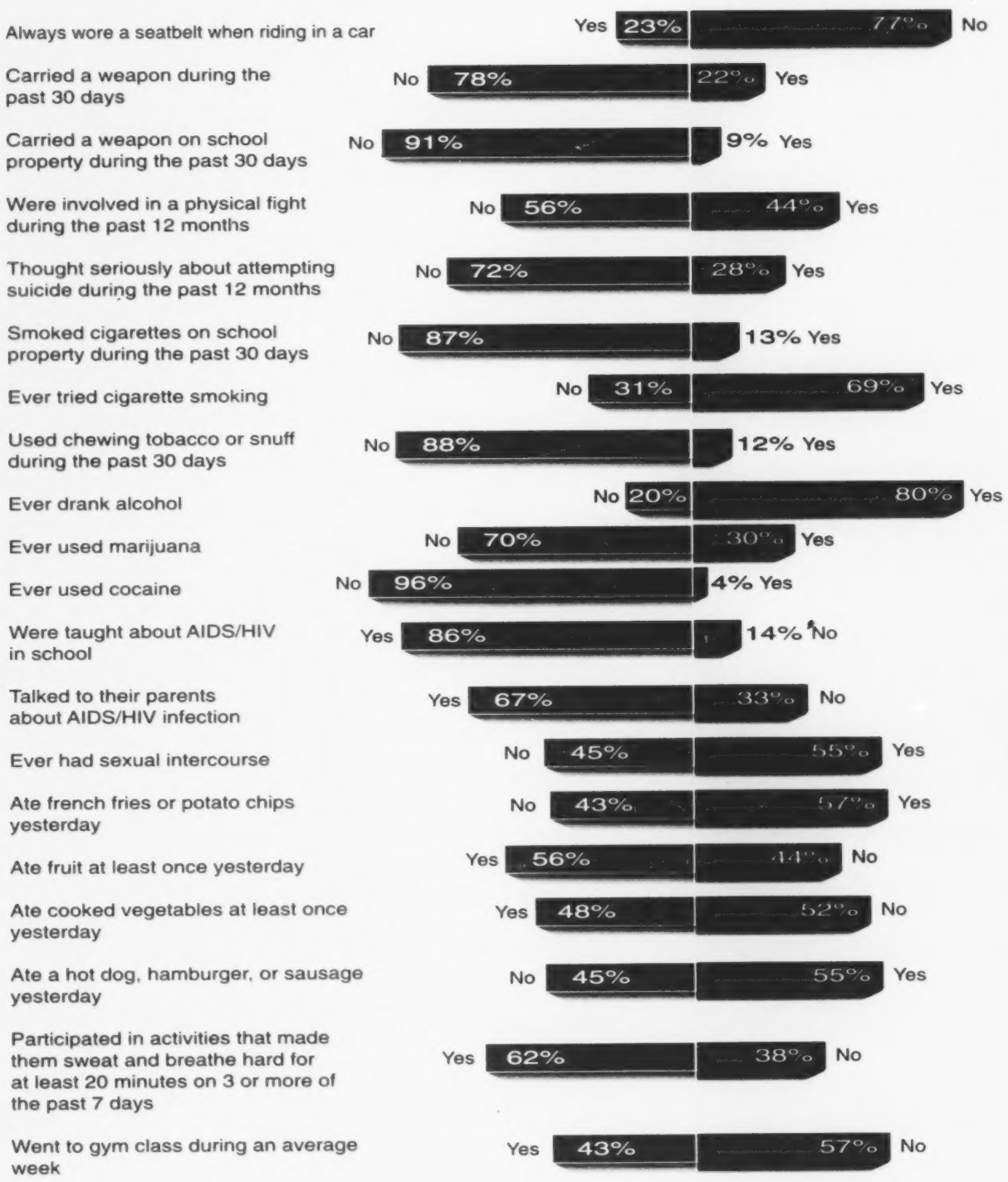
- Fewer than half of the students surveyed reported that they thought they were at or near their ideal weight.
- Sixty-four percent of female students and 22% of male students reported that they were trying to lose weight. Four percent of all students used vomiting, diet pills, or both to lose weight.
- Forty-eight percent of all students surveyed ate cooked vegetables one or more times during the day prior to completing the YRBS. Sixty percent of male students and 53% of female students said they ate fruit one or more times the previous day. Reporting that they ate green salad one or more times on the day preceding the survey were 27% of male students and 26% of female students.
- Forty-five percent of all students surveyed had consumed hamburgers, hot dogs, or sausage the day before the survey. Fifty-seven percent of Ohio's high school students appear to have had eaten potato chips or french fries one or more times the previous day, and 64% had consumed one or more servings of pies, cakes, cookies, or doughnuts on the day preceding the survey.

Key Findings Related to Physical Fitness

- Sixty-two percent of the students reported participating in aerobic activity three or more times in the seven days preceding the survey. Approximately 52% of Ohio high school students said they did stretching exercises on three or more days during the week preceding the survey, and 51% reported they had exercised to strengthen or tone their muscles on three days during the previous week.
- Thirty-three percent of Ohio's participants reported they walked or bicycled for at least 30 minutes at a time on three or more of the seven days immediately before taking the YRBS survey.
- Forty-three percent of participating Ohio high school students reported they went to physical education class one or more days in an average school week. Approximately 35% of participating Ohio high school students reported that during an average physical education class they spent more than 20 minutes actually exercising or playing sports.
- During the year prior to the survey, more than 52% of Ohio's high school students reported they played on one or more sports teams run by their school, not including physical education classes.

Highlighting YRBS Findings For Ohio

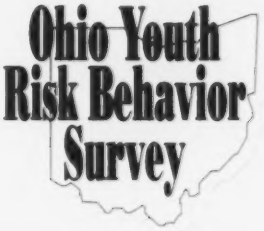
▶ Percentage of participants who


Always wore a seatbelt when riding in a car
Yes 23% 77% No
Carried a weapon during the past 30 days
No 78% 22% Yes
Carried a weapon on school property during the past 30 days
No 91% 9% Yes
Were involved in a physical fight during the past 12 months
No 56% 44% Yes
Thought seriously about attempting suicide during the past 12 months
No 72% 28% Yes
Smoked cigarettes on school property during the past 30 days
No 87% 13% Yes
Ever tried cigarette smoking
No 31% 69% Yes
Used chewing tobacco or snuff during the past 30 days
No 88% 12% Yes
Ever drank alcohol
No 20% 80% Yes
Ever used marijuana
No 70% 30% Yes
Ever used cocaine
No 96% 4% Yes
Were taught about AIDS/HIV in school
Yes 86% 14% No
Talked to their parents about AIDS/HIV infection
Yes 67% 33% No
Ever had sexual intercourse
No 45% 55% Yes
Ate french fries or potato chips yesterday
No 43% 57% Yes
Ate fruit at least once yesterday
Yes 56% 44% No
Ate cooked vegetables at least once yesterday
Yes 48% 52% No
Ate a hot dog, hamburger, or sausage yesterday
No 45% 55% Yes
Participated in activities that made them sweat and breathe hard for at least 20 minutes on 3 or more of the past 7 days
Yes 62% 38% No
Went to gym class during an average week
Yes 43% 57% No

The left-hand bars show positive health behaviors.
Due to numerical rounding and "other" answers, percentages may not equal 100.

1993 Ohio Youth Risk Behavior Survey

Appendix



▶ YRBS Questionnaire

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education programs for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class.

The questions that ask about your background will only be used to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to answer every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help

Important

- Choose only one answer for each question.
- Use a #2 pencil only.
- Make dark marks.
- Example: A B C D
- Erase completely to change your answer.

1. How old are you?

   A. 12 years old or younger
   B. 13 years old
   C. 14 years old
   D. 15 years old
   E. 16 years old
   F. 17 years old
   G. 18 years old or older

2. What is your sex?

   A. Female
   B. Male

3. In what grade are you?

   A. 9th grade
   B. 10th grade
   C. 11th grade
   D. 12th grade
   E. Ungraded or other

4. How do you describe yourself?

   A. White - not Hispanic
   B. Black - not Hispanic
   C. Hispanic
   D. Asian or Pacific Islander
   E. Native American or Alaskan Native
   F. Other

▶ YRBS Questionnaire

5. Compared to other students in your class, what kind of student would you say you are?

   A. One of the best
   B. Far above the middle
   C. A little above the middle
   D. In the middle
   E. A little below the middle
   F. Far below the middle
   G. Near the bottom

6. How often do you wear a seat belt when riding in a car driven by someone else?

   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

7. During the past 12 months, how many times did you ride a motorcycle?

   A. 0 times
   B. 1 to 10 times
   C. 11 to 20 times
   D. 21 to 39 times
   E. 40 or more times

8. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

   A. I did not ride a motorcycle during the past 12 months
   B. Never wore a helmet
   C. Rarely wore a helmet
   D. Sometimes wore a helmet
   E. Most of the time wore a helmet
   F. Always wore a helmet

9. During the past 12 months, how many times did you ride a bicycle?

   A. 0 times
   B. 1 to 10 times
   C. 11 to 20 times
   D. 21 to 39 times
   E. 40 or more times

10. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

    A. I did not ride a bicycle during the past 12 months
    B. Never wore a helmet
    C. Rarely wore a helmet
    D. Sometimes wore a helmet
    E. Most of the time wore a helmet
    F. Always wore a helmet

11. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

12. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

▶ YRBS Questionnaire

13. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

    A. 0 days
    B. 1 day
    C. 2 or 3 days
    D. 4 or 5 days
    E. 6 or more days

14. During the past 30 days, on how many days did you carry a gun?

    A. 0 days
    B. 1 day
    C. 2 or 3 days
    D. 4 or 5 days
    E. 6 or more days

15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?

    A. 0 days
    B. 1 day
    C. 2 or 3 days
    D. 4 or 5 days
    E. 6 or more days

16. During the past 30 days, how many days did you **not** go to school because you felt unsafe at school or on your way to or from school?

    A. 0 days
    B. 1 day
    C. 2 or 3 days
    D. 4 or 5 days
    E. 6 or more days

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

18. During the past 12 months, how many times has someone stolen, or deliberately damaged your property such as your car, clothing, or books **on school property**?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

19. During the past 12 months, how many times were you in a physical fight?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

▶ YRBS Questionnaire

20. The **last time** you were in a physical fight, with whom did you fight?

    A. I have never been in a physical fight
    B. A total stranger
    C. A friend or someone I know
    D. A boyfriend, girlfriend, or date
    E. A parent, brother, sister, or other family member
    F. Someone not listed above
    G. More than one of the persons listed above

21. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

22. During the past 12 months, how many times were you in a physical fight **on school property**?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

23. During the past 12 months, when you went swimming in places such as a pool, lake, or ocean, how often was an adult or lifeguard watching you?

    A. I did not go swimming during the past 12 months
    B. Never
    C. Rarely
    D. Sometimes
    E. Most of the time
    F. Always

Sometimes people feel so depressed and hopeless about the future that they may consider attempting suicide, that is, taking some action to end their own life.

24. During the past 12 months, did you ever **seriously** consider attempting suicide?

    A. Yes
    B. No

25. During the past 12 months, did you make a plan about how you would attempt suicide?

    A. Yes
    B. No

26. During the past 12 months, how many times did you actually attempt suicide?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

▶ YRBS Questionnaire

27. If you attempted suicide during the past 12 months, did any attempt result in injury, poisoning, or overdose that had to be treated by a doctor or nurse?

    A. I did not attempt suicide during the past 12 months
    B. Yes
    C. No

The next ten questions ask about tobacco use.

28. Have you ever tried cigarette smoking, even one or two puffs?

    A. Yes
    B. No

29. How old were you when you smoked a whole cigarette for the first time?

    A. I have never smoked a whole cigarette
    B. Less than 9 years old
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 or more years old

30. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?

    A. Yes
    B. No

31. How old were you when you first started smoking cigarettes regularly (at least one cigarette every day for 30 days)?

    A. I have never smoked cigarettes regularly
    B. Less than 9 years old
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 or more years old

32. During the past 30 days, on how many days did you smoke cigarettes?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

33. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?

    A. I did not smoke cigarettes during the past 30 days
    B. Less than 1 cigarette per day
    C. 1 cigarette per day
    D. 2 to 5 cigarettes per day
    E. 6 to 10 cigarettes per day
    F. 11 to 20 cigarettes per day
    G. More than 20 cigarettes per day

▶ YRBS Questionnaire

34. During the past 30 days, on how many days did you smoke **on school property**?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

35. During the **past 6 months**, did you **try to quit** smoking cigarettes?

    A. I did not smoke during the past 6 months.
    B. Yes
    C. No

36. During the past 30 days, did you use **chewing tobacco**, such as Redman, Levi Garrett, or Beechnut, or **snuff**, such as Skoal, Skoal Bandits, or Copenhagen?

    A. No, I did not use chewing tobacco or snuff during the past 30 days
    B. Yes, chewing tobacco only
    C. Yes, snuff only
    D. Yes, both chewing tobacco and snuff

37. During the past 30 days, did you use **chewing tobacco**, such as Redman, Levi Garrett, or Beechnut, or **snuff**, such as Skoal, Skoal Bandits, or Copenhagen **on school property**?

    A. No, I did not use chewing tobacco or snuff on school property
    B. Yes, chewing tobacco only
    C. Yes, snuff only
    D. Yes, both chewing tobacco and snuff

The next five questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

38. How old were you when you had your first drink of alcohol other than a few sips?

    A. I have never had a drink of alcohol other than a few sips
    B. Less than 9 years old
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 or more years old

39. During your life, on how many days have you had at least one drink of alcohol?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 9 days
    D. 10 to 19 days
    E. 20 to 39 days
    F. 40 to 99 days
    G. 100 days or more

40. During the past 30 days, on how many days did you have at least one drink of alcohol?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

▶ YRBS Questionnaire

41. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

    A. 0 days
    B. 1 day
    C. 2 days
    D. 3 to 5 days
    E. 6 to 9 days
    F. 10 to 19 days
    G. 2 or more days

42. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next four questions ask about the use of marijuana, which is also called grass or pot.

43. How old were you when you tried marijuana for the first time?

    A. I have never tried marijuana
    B. Less than 9 years old
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 or more years old

44. During your life, how many times have you used marijuana?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 to 99 times
    G. 100 or more times

45. During the past 30 days, how many times did you use marijuana?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

46. During the past 30 days, how many times did you use marijuana **on school property**?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

The next eight questions ask about cocaine and other drugs.

47. How old were you when you tried any form of cocaine, including powder, crack or freebase, for the first time?

    A. I have never tried cocaine
    B. Less than 9 years old
    C. 9 or 10 years old
    D. 11 or 12 years old
    E. 13 or 14 years old
    F. 15 or 16 years old
    G. 17 or more years old

▶ YRBS Questionnaire

48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

49. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

50. During your life, how many times have you used the **crack** or **freebase** forms of cocaine?

    A. O times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

51. During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills without a doctor's prescription?

    A. O times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

52. During your life, how many times have you taken **steroid** pills or shots **without** a doctor's prescription?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 9 times
    D. 10 to 19 times
    E. 20 to 39 times
    F. 40 or more times

53. During your life, have you ever injected (shot up) any illegal drug?

    A. Yes
    B. No

54. During the past 12 months, has anyone offered, sold or given you an illegal drug **on school property**?

    A. Yes
    B. No

The next two questions ask about AIDS/HIV education and information.

55. Have you been taught about AIDS/HIV infection in school?

    A. Yes
    B. No
    C. Not sure

56. Have you ever talked about AIDS/HIV infection with your parents or other adults in your family?

    A. Yes
    B. No
    C. Not sure

▶ YRBS Questionnaire

The next nine questions ask about sexual behavior.

57. Have you ever had sexual intercourse?

    A. Yes
    B. No

58. How old were you when you had sexual intercourse for the first time?

    A. I have never had sexual intercourse
    B. Less than 12 years old
    C. 12 years old
    D. 13 years old
    E. 14 years old
    F. 15 years old
    G. 16 years old
    H. 17 or more years old

59. During your life, with how many people have you had sexual intercourse?

    A. I have never had sexual intercourse
    B. 1 person
    C. 2 people
    D. 3 people
    E. 4 people
    F. 5 people
    G. 6 or more people

60. During the past 3 months, with how many people did you have sexual intercourse?

    A. I have never had sexual intercourse
    B. I have had sexual intercourse, but not during the past 3 months
    C. 1 person
    D. 2 people
    E. 3 people
    F. 4 people
    G. 5 people
    H. 6 or more people

61. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

    A. I have never had sexual intercourse
    B. Yes
    C. No

62. The **last time** you had sexual intercourse, did you or your partner use a condom?

    A. I have never had sexual intercourse
    B. Yes
    C. No

63. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

    A. I have never had sexual intercourse
    B. No method was used to prevent pregnancy
    C. Birth control pills
    D. Condoms
    E. Withdrawal
    F. Some other method
    G. Not sure

64. How many times have you been pregnant or gotten someone pregnant?

    A. 0 times
    B. 1 time
    C. 2 or more times
    D. Not sure

▶ YRBS Questionnaire

65. Have you ever been told by a doctor or nurse that you have a sexually transmitted disease such as genital herpes, genital warts, chlamydia, syphilis, gonorrhea, AIDS, or HIV infection?

    A. Yes
    B. No

The next four questions ask about body weight.

66. How do **you** think of yourself?

    A. Very underweight
    B. Slightly underweight
    C. About the right weight
    D. Slightly overweight
    E. Very overweight

67. Which of the following are you trying to do?

    A. **Lose** weight
    B. **Gain** weight
    C. **Stay** the same weight
    D. I am **not trying to do anything** about my weight

68. During the past 7 days, which **one** of the following did you do to lose weight or to keep from gaining weight?

    A. I did not try to lose weight or keep from gaining weight
    B. I dieted
    C. I exercised
    D. I exercised and dieted
    E. I used some other method, but I did not exercise or diet

69. During the past 7 days, which **one** of the following did you do to lose weight or to keep from gaining weight?

    A. I did not try to lose weight or keep from gaining weight
    B. I made myself vomit
    C. I took diet pills
    D. I made myself vomit and took diet pills
    E. I used some other method, but I did not vomit or take diet pills

The next seven questions ask about food you ate yesterday. Think about all meals and snacks you ate yesterday from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

70. Yesterday, did you eat fruit?

    A. No
    B. Yes, only once
    C. Yes, twice or more

71. Yesterday, did you drink fruit juice?

    A. No
    B. Yes, only once
    C. Yes, twice or more

72. Yesterday, did you eat green salad?

    A. No
    B. Yes, only once
    C. Yes, twice or more

73. Yesterday, did you eat **cooked** vegetables?

    A. No
    B. Yes, only once
    C. Yes, twice or more

▶ YRBS Questionnaire

74. Yesterday, did you eat hamburger, hot dogs, or sausage?

A. No
B. Yes, only once
C. Yes, twice or more

75. Yesterday, did you eat french fries or potato chips?

A. No
B. Yes, only once
C. Yes, twice or more

76. Yesterday, did you eat cookies, doughnuts, pie, or cake?

A. No
B. Yes, only once
C. Yes, twice or more

The next eight questions ask about physical activity.

77. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes **that made you sweat and breathe hard**, such as basketball, jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activities?

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

78. On how many of the past 7 days did you do **stretching exercises**, such as toe touching, knee bending, or leg stretching?

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

79. On how many of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

80. On how many of the past 7 days did you walk or bicycle for at least 30 minutes at a time? (Including walking or bicycling to or from school.)

A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

▶ YRBS Questionnaire

81. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

    A. 0 days
    B. 1 day
    C. 2 days
    D. 3 days
    E. 4 days
    F. 5 days

82. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

    A. I do not take PE
    B. Less than 10 minutes
    C. 10 to 20 minutes
    D. 21 to 30 minutes
    E. More than 30 minutes

83. During the past 12 months, on how many sports teams **run by your school**, did you play? (Do not include PE classes.)

    A. 0 teams
    B. 1 team
    C. 2 teams
    D. 3 or more teams

84. During the past 12 months, on how many sports teams **run by organizations outside of your school**, did you play?

    A. 0 teams
    B. 1 team
    C. 2 teams
    D. 3 or more teams

► YRBS References

1. National Highway Traffic Safety Administration. *Final Regulatory Impact Analysis: Amendment of FMVSS No. 208 - Passenger Car Front Seat Occupant Protection.* Washington, DC: U.S. Department of Transportation, 1984.

2. *Healthy People: National Health Promotion and Disease Prevention Objectives.* U.S. Department of Health and Human Services, Public Health Service, Conference Edition, September, 1990.

3. National Committee for Injury Prevention and Control. Injury Prevention: Meeting the Challenge. *Supplement to American Journal of Preventive Medicine* 5(3), 1989.

4. National Highway Traffic Safety Administration. *A Report to the Congress on the Effect of Motorcycle Helmet Use Law Repeal: A Case for Helmet Use.* Washington, DC: Department of Transportation, 1980.

5. Thompson, R.S.; Rivara, F.P.O.; and Thompson, D.C. A case-control study of the effectiveness of bicycle safety helmets. *New England Journal of Medicine* 320(21): 1364-1366, 1989.

6. U.S. Department of Health and Human Services. *Prevention '89/'90: Federal Programs and Progress.* Washington, DC: U.S. Government Printing Office, 1990.

7. National Highway Traffic Administration. *Fatal Accident Reporting System, 1987.* Washington, DC: Department of Transportation, 1988.

8. National Highway Traffic Safety Administration. *The Economic Cost to Society of Motor Vehicle Accidents.* Technical Report DOT HS 809-195. Washington, DC: U.S. Department of Transportation, 1987.

9. O'Carroll, P.W., and Smith, J.A. Suicide and homicide. In: Wallace, H.M., Ryan G., and Oglesby, A.C., eds. *Maternal and Child Health Practices.* Oakland, CA: Third Party Publishing, 583-597, 1988.

10. Rivara, F.P. Traumatic deaths of children in the United States: Currently available prevention strategies. *Pediatrics* 75(3): 456-62, 1985.

11. Wood, N.P., Jr., and Mercy, J.A. Unintentional firearm-related fatalities, 1970-1984. *Morbidity and Mortality Weekly Report* 37(SS-1): 47-52, 1988.

12. National Center for Health Statistics. *Prevention Profile. Health, United States, 1989.* DHHS Pub. No. (PHS)90-1232. Hyattsville, MD: U.S. Department of Health and Human Services, 1990.

13. Luckenbill, D.F. Criminal homicide as a situated transaction. *Social Problems* 25: 176-186, 1977.

14. Gulaid, J.A., and Sattin, R.W. Drownings in the United States, 1978-1984. *Morbidity and Mortality Weekly Report* 37(SS-1): 27-33, 1988.

15. Public Health Service. *The Health Benefits of Smoking Cessation.* DHHS Pub. No. (CDC)90-8416. Washington, DC: U.S. Department of Health and Human Services, 1990.

16. Centers for Disease Control. Smoking-attributable mortality and years of potential life lost—United States, 1988. *Morbidity and Mortality Weekly Report* 40:62-63,69-71, 1991.

17. National Center for Health Statistics. Advance report of final mortality statistics, 1989. *Monthly Vital Statistics Report* 40(8): supplement 2, 1992.

18. Office on Smoking and Health. *Reducing the Health Consequences of Smoking: 25 Years of Progress. A Report of the Surgeon General.* DHHS Pub. No. (CDC)89-8411. Washington, DC: U.S. Department of Health and Human Services, 1989.

19. Johnston, L.D.; O'Malley, P.M.; and Bachman, J.G. *National Trends in Drug Use and Related Factors Among American High School Students and Young Adults, 1975-1986.* DHHS Pub. No. (ADM)87-1535. Rockville, MD: National Institute on Drug Abuse, 1987.

20. Public Health Service. *The Health Consequences of Using Smokeless Tobacco: A Report of the Advisory Committee to the Surgeon General.* NIH Pub. No. 86-2874. Bethesda, MD: U.S. Department of Health and Human Services, 1986.

21. Perrine, M.; Peck, R.; and Fell, J. Epidemiologic perspectives on drunk driving. In: *Surgeon General's Workshop on Drunk Driving: Background Papers.* Washington, DC: U.S. Department of Health and Human Services, 1988.

22. Public Health Service. *Healthy People 2000: National Health Promotion and Disease Prevention Objectives—Full Report, With Commentary.* DHHS Pub. No. (PHS)91-50212. Washington, DC: U.S. Department of Health and Human Services, 1991.

23. Dryfoos, J.G. *Working Paper on Youth at Risk; One in Four in Jeopardy.* Hastings-on-the-Hudson, New York: Report submitted to the Carnegie Corporation, 1987.

24. Johnston, L.D.; O'Malley, P.M.; and Bachman, J.G. *Drug Use, Drinking, and Smoking: National Survey Results from High School, College, and Young Adult Populations, 1975-1988.* DHHS Pub. No. (ADM)89-1638. Rockville, MD: National Institute on Drug Abuse, 1989.

25. Hofferth, S.L., and Hayes, C.D. (eds.). *Risking the Future: Adolescent Sexuality, Pregnancy, and Childbearing.* Panel on Adolescent Pregnancy and Childbearing, Committee on Child Development Research and Public Policy, Commission on Behavioral and Social Sciences and Education, National Research Council. Washington, DC: National Academy Press, 1987.

26. Westoff, C.F. Contraceptive paths toward reduction of unintended pregnancy and abortion. *Family Planning Perspectives* 20(1):4-13, 1988.

27. Centers for Disease Control. Years of potential life lost before age 65: United States, 1987. *Morbidity and Mortality Weekly Report* 38:27-29, 1989.

28. Division of Sexually Transmitted Diseases. *Annual Report, 1989.* Center for Prevention Services, Centers for Disease Control, U.S. Public Health Service, 1990.

29. Gortmaker, S.L.; Dietz, W.H.; Sobol, A.M.; and Wehler, C.A. Increasing pediatric obesity in the United States. *American Journal of Diseases of Children* 141:535-540, 1987.

30. Public Health Service. *The Surgeon General's Report on Nutrition and Health.* DHHS Pub. No. (PHS)88-50210. Washington, DC: U.S. Department of Health and Human Services, 1988.

31. Rotatori, A.F., and Fox, R.A. *Obesity in Children and Youth: Measurement, Characteristics, Causes, and Treatment.* Springfield, IL: Charles C. Thomas, Publisher, 1989.

32. Stein, R.F. Comparison of self-concept of nonobese and obese university junior female nursing students. *Adolescence* 22:77-90, 1987.

33. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*, 4th ed. Washington, DC: American Psychiatric Association, 1987.

34. Select Panel for the Promotion of Child Health. *Report to the United States Conference and the Secretary of Health and Human Services*, vol. 1, Major findings and recommendations; vol. IV, Background papers. DHHS Pub. No. (PHS)79-55017. Washington, DC: U.S. Government Printing Office, 1981.

35. Paffenbarger, R.S.; Hyde, R.T.; Wing, A.L.; and Hsieh, C.C. Physical activity, all-cause mortality, and longevity of college alumni. *New England Journal of Medicine* 314:605-613, 1986.

36. Marinek, T.J., Cheffers J.T.F., Zaichkowsky, L.D. Physical activity, motor development, and self-concept: race and age differences. *Perceptual and Motor Skills* 46:147-154, 1978.

37. Harris, S.S.; Caspersen, C.J.; DeFriese, G.H.; and Estes, E.H. Physical activity counseling for healthy adults as a primary preventive intervention in the clinical setting. *Journal of the American Medical Association* 261:3590-3598, 1989.

38. U.S. Department of Health and Human Services. National children and youth fitness study. *Journal of Physical Education, Recreation, and Dance* 56:44-90, 1985.

39. U.S. Department of Health and Human Services. National children and youth fitness study II. *Journal of Physical Education, Recreation, and Dance* 58:50-96, 1987.

40. Office on Smoking and Health. *Preventing Tobacco Use Among Young People—A Report of the Surgeon General.* DHHS Pub. No. (CDC) 94. Washington, DC: U.S. Department of Health and Human Services, 1994.

Ohio Youth Risk Behavior Survey

▶ YRBS Response Form

How Did You Use the Results of the YRBS Survey?

Help us provide you with the information you need in the future. Please tell us how you used the Youth Risk Behavior Survey results.

1. How would you rate the usefulness of the information provided through the YRBS Survey?

   Excellent ____ Good ____ Fair ____ Poor ____

2. How did you use the results?

   A. ___ To plan instruction
   B. ___ To plan services
   C. ___ To allocate funds
   D. ___ To prepare a grant application or compete for other funding
   E. ___ To monitor and evaluate Ohio's progress toward reaching state and national goals
   F. ___ To compare Ohio's progress to other states
   G. ___ As a baseline for additional studies
   H ___ Other uses

   (Describe) _____

3. Did you discuss these results with anyone else? ___ yes ___ no

   If so, who? (Describe area of interest) _____

4. What suggestions would you offer for future surveys?

   _____

5. Other comments?

   _____

List your primary role related to YRBS interest. _____ Parent _____ Educator _____ Policy Maker _____ Other

Optional: _____ Name _____ School or Agency

_____ Street Address _____ City _____ State _____ Zip Code

Fold and Return

Place Stamp Here

Ohio Youth Risk Behavior Survey
Ohio Department of Education
65 South Front Street, Room 611
Columbus, Ohio 43215-4183

The Ohio Department of Education coordinated the 1993 Ohio Youth Risk Behavior Survey in collaboration with the Ohio Department of Health and the Ohio Department of Alcohol and Drug Addiction Services. Staff from the Division of Student Development coordinated the Ohio Youth Risk Behavior Survey.

Funding was provided in part by

- Ohio Department of Education Cooperative Agreement with the United States Centers for Disease Control and Prevention (CDC) for State and Local Education Agency Programs for Comprehensive School Health Education to Prevent Important Health Problems
- Ohio Department of Health Preventive Health and Health Services Block Grant; Title V Maternal and Child Health Services Block Grant
- Ohio Department of Education Federal Drug-Free Schools and Communities Act

The Ohio Department of Education is an equal opportunity employer and service provider. It is the policy of the Ohio Department of Education to offer educational activities, employment practices, programs, and services without regard to race, color, national origin, sex, religion, handicap, or age.

BEST COPY AVAILABLE